



Yoga Classes (FREE)

Beginning June 1, 2015

Mondays, Wednesdays, and Fridays

8:15 AM – 9:45 AM

Led by Paul Hanna*



No need for sign-up, just show up. Bring a mat if you have one.

Wear clothes that allow you to move freely.

* Paul spent 3 years in India, practicing *raja* yoga under the direction of a guru. Since returning to the US, he has participated in *hatha* and *raja* yoga classes and has taken teacher training workshops to improve his instruction skills. He taught 4 classes per week (3 regular classes, 1 called “chair yoga” for people with limited mobility) for five years at the community center where he lived in Bakersfield. Phone 489-2937 or e-mail “pmhanna@gmail.com” if you need more info.