The SCC Yoga Club Presents

POP-UP
Find Your Calm
YOGA CLASS with DIANE

for SCC Yoga Club Members and Guests!



Saturday, Nov. 7
4:00 – 5:00p.m.
Dance Studio 2

1203 N. Pebble Beach Blvd., SCC

This class will begin with ***Gentle Yoga***, followed by an ***Introduction to Meditation***, then conclude with the beautiful sound of ***Crystal Singing Bowls***.
Wear comfortable clothing. Bare feet or yoga socks are preferable; *no flip-flops or sandals*.
You may use a ***chair or mat***, or both.

Bring a friend along!
Your guest must have a Badge for CA, KP Gold Card, Freedom Plaza, or CA Guest Pass.
Non-members of the SCC Yoga Club pay $3.



sccyogaclub.uplifterinc.com