

The SCC Yoga Club Presents a
POP-UP CLASS with LEYLA
*Standing Strong:
Fundamental Flow*

Saturday, Oct. 10, 11:00a.m. – 12:00p.m.
Dance Studio 2
1203 N. Pebble Beach Blvd., Sun City Center

Explore foundational standing yoga poses with an emphasis on alignment technique, balance, and mindful movement. This gentle flow is mostly standing, with time to breakdown and refine common poses. Great for all level yogis looking to build a strong foundation.



**SCC Yoga Club Members
and Guests Welcome!**

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 to attend.

sccyogaclub.uplifterinc.com

