



YOGA IN THE PARK

MORNING FLOW

Improve your strength, balance and breath while connecting with nature.
Start your day the Vinyasa way with Morning Flow!

Instructor: Jane Zeiger

Rec Center Member Price: \$60 | Non-Member Price: \$75

Course #135197 / Tues. and Thu. / July 2-30 / 9 - 10 am / No class 7/4

Course #135198 / Tues. and Thu. / August 6-29 / 9 - 10 am

EVENING YIN

Release tension in your body and mind and connect with your environment via Yin Yoga. This slow-paced, long-hold practice will give you a deeper stretch.

Instructor: Kevin Starnes

Rec Center Member Price: \$60 | Non-Member Price: \$75

Course #135200 / Mon. and Wed. / July 1-24 / 5:30 - 6:30 pm

Course #135201 / Mon. and Wed. / August 5-28 / 5:30 - 6:30 pm



fitness@cityofmissionviejo.org
949-859-4348

