

Gentle Yoga with Ele



For living life to the fullest

Learn to stretch, breathe and relax!

Beginners Welcome

Tuesdays & Thursdays

Gentle Seated Yoga 10:30-11:30 am

Gentle Mat Yoga 3:00-4:15 pm

Antelope Valley Community Building

442 Mule Deer (Shop) Road (off of Hackney Drive)

First class is FREE

Elena Espinosa, Registered Yoga Therapist

928.300.8088