



# YOGA IS HERE

Yoga classes are now open to anyone 18-years or older

**When:** Tuesdays and Thursdays @ 10:00am, 11:30am, and 2:00pm

**Where:** Inside the Westwood Wellness Center  
463-975 Birch Street, Westwood, Ca

*Please call at 1 (888) 530-8688 to reserve your spot*

Yoga is provided by video/DVD's and not by a licensed Yoga instructor. Please consult your physician before taking on any new fitness regime. In participating in this exercise program, you agree that you are doing so at your own risk. You should understand that when participating in any exercise program, there is possibility of physical injury. Please be mindful and listen to your body. In voluntarily participating in these exercises, you assume all risk of injury to yourself.