

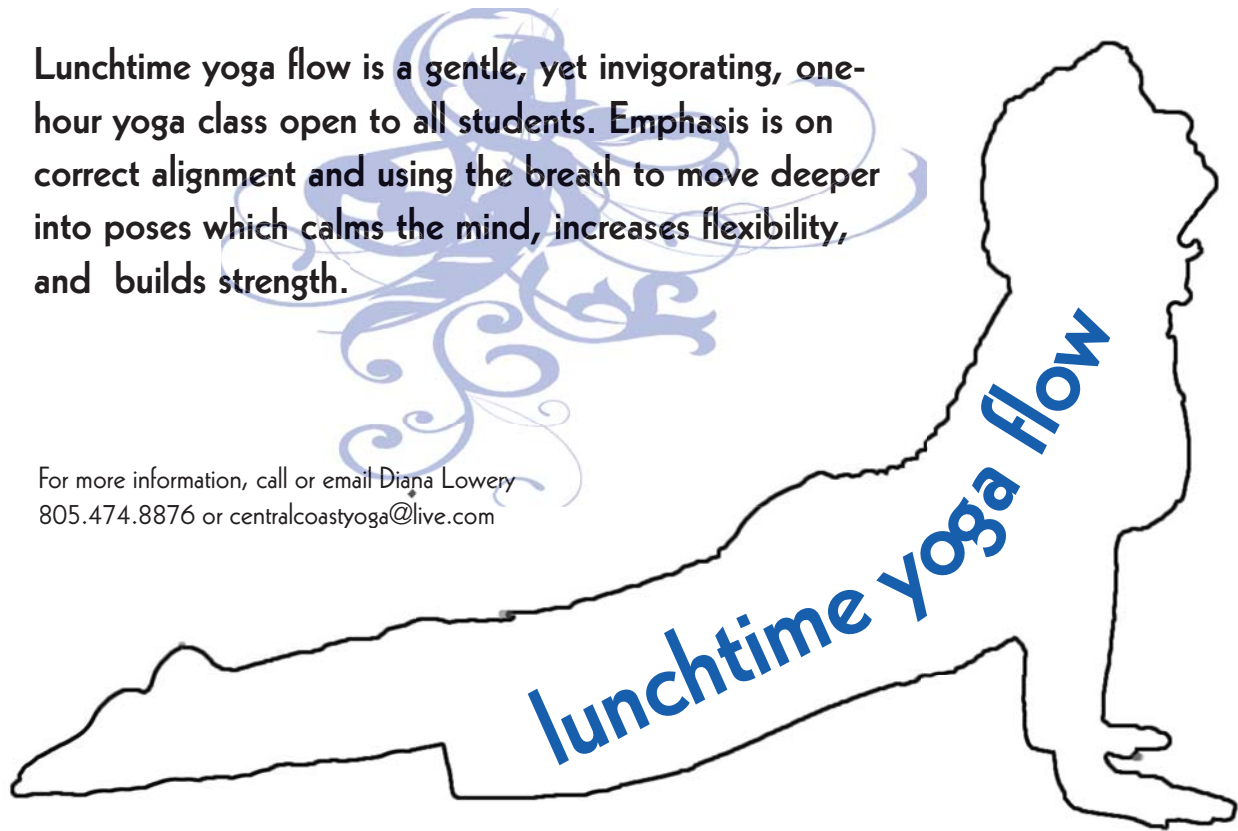
lunchtime yoga flow

with Cindy Cleveland

Wednesdays 11:15 – 12:15 p.m.

Lunchtime yoga flow is a gentle, yet invigorating, one-hour yoga class open to all students. Emphasis is on correct alignment and using the breath to move deeper into poses which calms the mind, increases flexibility, and builds strength.

For more information, call or email Diana Lowery
805.474.8876 or centralcoastyoga@live.com



Wednesdays 11:15 – 12:15 p.m.



This class is taught by Cindy Cleveland who has been practicing yoga for over 20 years after having back surgery. She is a registered yoga teacher (Yoga Alliance, 200 hours) who has studied in Yin, Iyengar, Shadow, and Ashtanga styles of yoga. www.CindyYoga.ClevelandCreations.com

805.474.8876

www.CentralCoastYoga.com

Central Coast Yoga
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