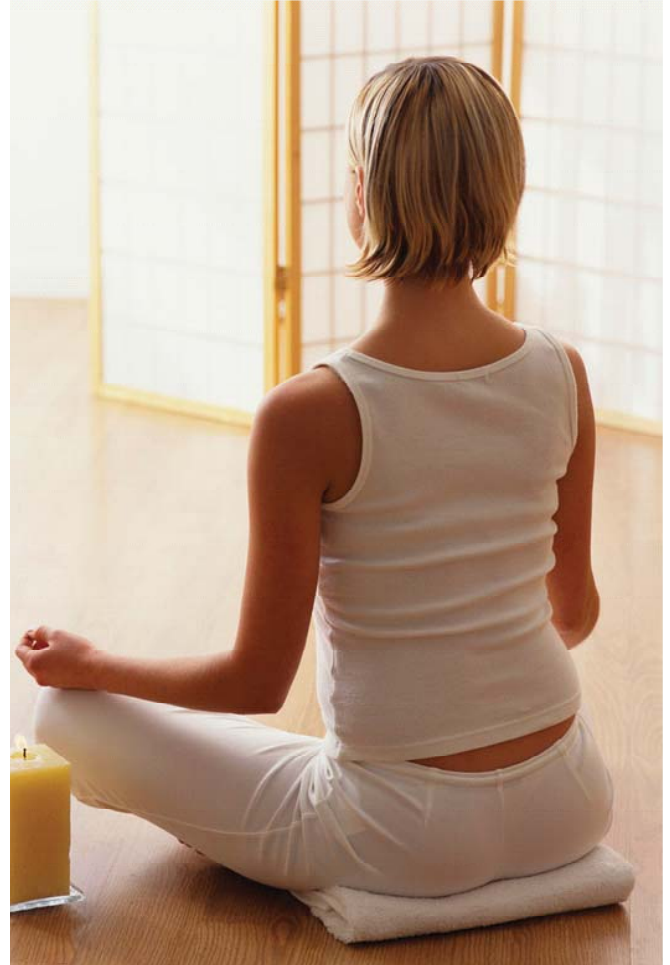


# Principles of Yoga

## For Older Adults

This course is designed for the older adult and offers instruction in the principles of yoga to maintain and increase flexibility, muscle tone, breathing capacity, and enhanced coordination and balance. This course provides exercises that are modified yoga asanas that contribute to sound physical, mental, and emotional well-being. Registration Fee: \$20. (Seniors over 60 do not pay Registration Fee). Class Fee: \$20 per semester. Student Body Card: \$2.

**Open enrollment.  
Join at any time.**



**Classes Start September 13, 2010**

**Tuesday, 10:15 am-12:15 pm**

**University Synagogue**

*11960 Sunset Blvd., West LA ,90049 (between Bundy and Barrington) (310) 472-1255*



**Questions? Call (323) 370-1040 or (310) 914-3565**

**or go to our website at [westsideadultschool.org](http://westsideadultschool.org)**

**Westside Community Adult School**

Division of Adult and Career Education • Los Angeles Unified School District