



Relax &

Unwind

Join us for a free yoga class from the comfort of your home. Yoga has been shown to relieve stress, clear your mind, increase strength and flexibility, and also help you feel good. No experience required! This workshop is designed for you to relax & unwind.



**\$25 Gift Cards will
be given to each
youth that attends!**

**VIRTUAL
WORKSHOP**

THURSDAY

**December 8th
6:00pm – 7:30pm**

**Use this Zoom link
or scan to log on:**

tinyurl.com/ILPYoga22



Register NOW!

**Call, Text or Email:
Glenda**

(650) 513-0923

glendac@clcpartnership.org