

# YOGA, INTERMEDIATE

*Improve agility, balance, strength and flexibility. Bring a mat.*

**DATES: Monday's & Wednesday's  
September 9 - December 18, 2024  
No Class: November 25 and 27  
TIME: 9:45 - 11 A.M.**

Class is held at  
El Retiro Park  
126 Vista Del Parque,  
Redondo Beach,  
CA 90277



**INSTRUCTOR: Bonnie Wulff**

**Suggested donation \$5/class**



**These classes are sponsored by OLEF, Optimum Life Educational Foundation, a non-profit organization that sponsors classes, lectures and activities for participants 55 and older. For more information, please call: (424) 271-5523 or email at [OLEFclasses@gmail.com](mailto:OLEFclasses@gmail.com)**



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