

KENT AND MARIA BURDEN'S

# Yoga on the Move

Let's face it, these are tough times. Unemployment is up, stress is high and no one knows what's around the corner.

What we really need is a great yoga class!



But who can afford one?

**YOU CAN!**



Welcome to *Yoga on the Move*

This Saturday afternoon outdoor Hatha Yoga class (all levels) will travel around Ventura's parks and beaches helping the stressed out, the stiff and the weary.

Best of all, come when you want, pay what you can. If nothing is what you've got in your pocket, then that's what you pay.  
No worries, just yoga!

**FIRST CLASS**

**SATURDAY FEBRUARY 7th at 2:00 p.m.**

**Hobert Park, Ventura**

(meet at the big rock by the restrooms)

Classes will be most  
**SATURDAYS at 2:00 p.m.\***

**\*\*weather permitting\*\***



FOR EACH WEEK'S CLASS LOCATION, VISIT OUR WEBSITE:

**[www.mylifefitness.com](http://www.mylifefitness.com)**