



CULVER
CENTRALE

Resident Programs

YOGA

Come to breathe deeply, rejuvenate, release, stretch, and expand!

WHAT: Level 1 & 2 Yoga Flow Class

Through mindful movement, gentle stretching, and focus on the breath, you will tone the body and ease the mind, leaving you relaxed and renewed.

WHEN: By Request, 3 or more people make a class.
Contact Sharon and we will make it happen!

WHERE: Culver Centrale Yoga Studio
9900 Culver Blvd, Culver City, CA 90232

COST: Donation based, Suggested donation \$15

BRING: Yoga mat, friends & your joyful spirit

No Yoga experience necessary. Students of all levels are welcome!



Instructor: Sharon Beam

Questions? Contact me directly: 310-963-0269 or
Sharon@informedhealing.com

Weekly local classes and private instruction are available.
Please see my online schedule for more information.

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