

WELLNESS WEDNESDAYS

VIRTUAL YOGA CLASS

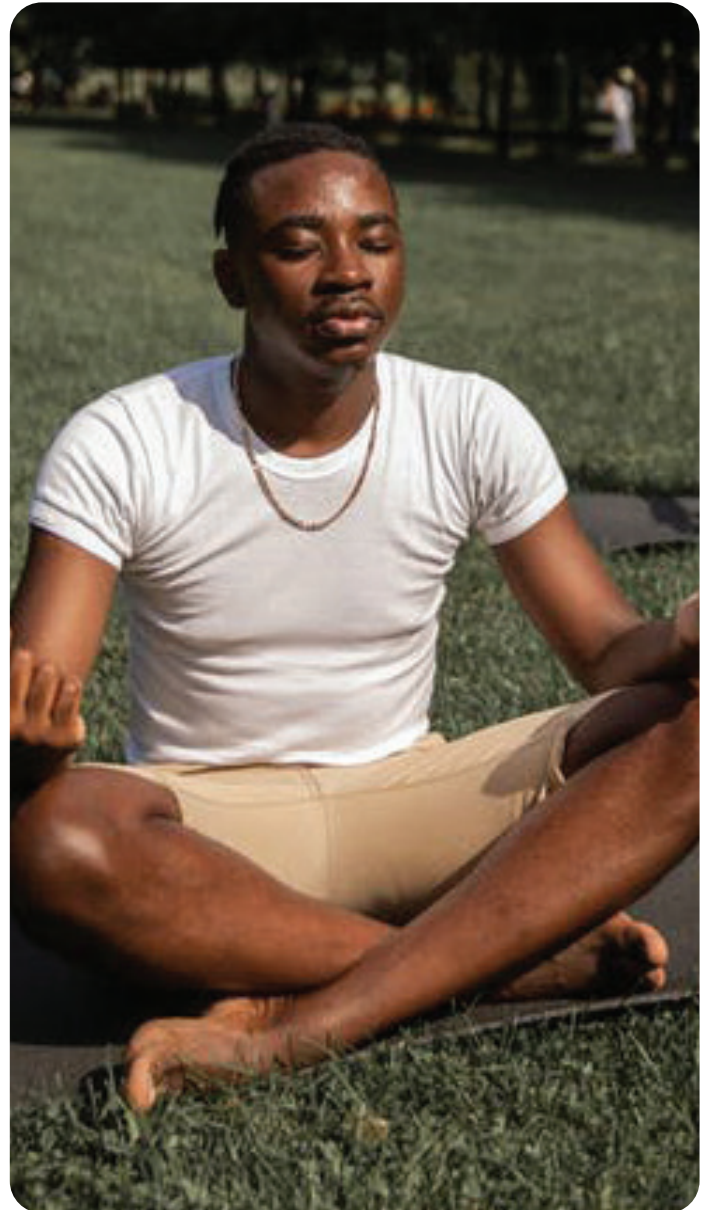
5:30 – 6 p.m., Wednesdays

Are you looking to keep up with your New Year Resolution, but need the motivation? Join our Wellness Wednesday Yoga Classes. Yoga is an ancient practice from India that includes natural body movements, mindful breathing, concentration, and connection to our-selves, one another and nature. The goal is to let your body's wisdom guide you into a state of balance and harmony. All you'll need is a little bit of space to move around in and comfortable clothing. Classes are led by Josie Duraso, who has been teaching yoga for 6 years. She started her work as a high school educator teaching science along with yoga. She is passionate about wellness, building community, nature and being a forever student.

All SD Nights Wellness Wednesdays events are free for youth ages 10-18.

This class is free but spots are limited. Register in advance.

Info/RSVP to Carl McCullough
at 619-961-0159 or
carl.mccullough@sdcounty.ca.gov.



SD Nights – short for San Diego/Safe Destination Nights – is a FREE program developed by the County of San Diego Department of Parks and Recreation designed to provide teens, ages 10 – 18, with safe places to recreate after school, during critical hours.