

LUSD REVITALIZE



DATE: September

FREE YOGA



This fun, very relaxed Hatha Flow Yoga class with certified yoga instructor, Deanne Opdahl, is free for all employees and retirees from beginner to pro. Starting the month of September, every Monday, from 4:00pm-5:00pm. Yoga can help strengthen your core (less back pain), increase circulation (lower blood pressure) and create a better overall well being, (stress reducer)! Great chance to try something new and see if it fits you!!

Location: H Clarke Powers, Room 3
To RSVP contact Terri DuPriest at
tdupriest@loomis-usd.k12.ca.us



TIME: 4:00 PM—5:00 PM