



YOGA AT THE TEMPLE

WITH CERTIFIED INSTRUCTOR NATALIA SHERGINA (RYT 200 HR)

BEGINNER FRIENDLY FLOW YOGA CLASS

2ND AND 4TH MONDAY, 7:00 PM – 8:00 PM (PDT)

VIA ZOOM (UNTIL IN-PERSON CLASSES ARE AVAILABLE)

FREE OR BY DONATION

FOR REGISTRATION AND INQUIRIES EMAIL AT:

WLADHARMACENTER@GMAIL.COM

WEST LOS ANGELES BUDDHIST TEMPLE

DHARMA CENTER

2003 CORINTH AVENUE, WEST LOS ANGELES, CA 90025

WWW.WESTLOSANGELESBUDDHISTTEMPLE.ORG

