



YOGA AT THE TEMPLE

WITH CERTIFIED INSTRUCTOR NATALIA SHERGINA (RYT 200 HR)

2nd and 4th Monday, 7:00 pm – 8:00 pm (PDT)

Via Zoom (until in-person classes are available)

Free or by donation

FIRST CLASS – SEPTEMBER 14TH AT 7 PM

For registration and inquiries email at:

WlaDharmaCenter@gmail.com

WEST LOS ANGELES BUDDHIST TEMPLE

DHARMA CENTER

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