



Iyengar Yoga Classes

Thursdays
11:00 a.m. — 12:30 p.m.

Fridays
12:00 p.m. — 1:30 p.m.

Equilibrium Wellness

3901 Georgia Street NE, Suite F

\$12.00

Call Mark Parra at
323-770-2873 for information

Come experience a basic level Iyengar introductory class.

Thursdays - Basic and Introductory.

Fridays - Level One

Mark Parra, Level One Iyengar Certification, will lead students through basic standing poses through an instructional method that promotes muscle/bone alignment, and strengthens and tones the body.