

Yoga (ヨガ・クラス) **Class is open to people of all ages!**



The class focuses on breathing and toning/sculpting your muscles throughout your entire body. The class is low-impact although highly enjoyed by those who participate.

Practice: Wed. 7:00 – 8:30 PM

Contact: Takako Sato at (310) 387-4904 Get fit and have fun!