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# CITY OF PALMDALE

## *NEWS RELEASE*

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### Spots Open for March Session of Yoga Classes

PALMDALE – There are still spots open and time to register for the City of Palmdale’s yoga classes, which begin Tuesday March 4 and will run through April 17 at the Marie Kerr Park Recreation Center, 2723 Rancho Vista Blvd. in Palmdale.

Classes will be held on Tuesdays and Thursdays from 6:30 to 7:45 pm. The cost is \$85. The instructor will be Sarah Ibis.

“All levels of yoga experience are welcome in this mixed-level class,” said Program Coordinator Becky Errea. “Yoga is a great way to enhance your health through poses and observance of breath. Build a solid foundation in the poses, or work on refining as you develop strength, flexibility, stamina and ease in the body and breath in order to quiet the mind.

Participants should bring a yoga matt wear comfortable clothes that are easy to move in.

Registration is available online at [www.cityofpalmdale.org/playpalmdale](http://www.cityofpalmdale.org/playpalmdale), at the parks and recreation office located at 38260 10<sup>th</sup> St. East in Palmdale, or by calling 661/267-5611.

For more information, visit [www.cityofpalmdale.org](http://www.cityofpalmdale.org) or call 661/267-5611.

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