

FREE YOGA FOR VETERANS AND THEIR FAMILIES

Mondays

11:30a-12:30p

Hawthorne Machinery Co.

16945 Camino San Bernardo

San Diego, CA 92127

4S Ranch Business Park

(Rancho Bernardo)

Thursdays

10:30a-11:30a

Heartland Masonic Center

695 Ballantyne St.

El Cajon, CA 92021

(El Cajon)

YOGA IMPROVES STRENGTH, FLEXIBILITY, MENTAL CLARITY
REDUCES STRESS AND CAN HELP MANAGE PAIN AND INSOMNIA

YOGA IS GOOD FOR YOU

For more Information or to confirm class Schedule

Call, Text or Email

(858) 688-1802

ViraGotraYoga@gmail.com

Or Visit

[www.Facebook.com/ViraGotraYoga](https://www.facebook.com/ViraGotraYoga)

Kristi Gonzalez, US Navy Veteran

Vira Gotra Yoga

"Family of Heroes"