



# Free YOGA CLASSES

Learn the fundamentals of yoga with Instructor David Lilly in a friendly and supportive environment. The program is aimed at improving flexibility, strength, and overall well-being.



## Class Schedule

### MONDAYS

6:30 PM – 7:30 PM

#### BURTON CHACE PARK

13650 Mindanao Way  
Marina del Rey, CA 90292

**RESERVE A SPOT** | Send an email:  
[chacepark@bh.lacounty.gov](mailto:chacepark@bh.lacounty.gov)

### FRIDAYS

6:30 PM – 7:30 PM

#### DOCKWEILER YOUTH CENTER

12505 Vista del Mar  
Playa del Rey, CA 90293

**RESERVE A SPOT** | Send an email:  
[dyc@bh.lacounty.gov](mailto:dyc@bh.lacounty.gov)



Students must bring their own mats  
and water bottles to class.



FOR MORE INFORMATION:  
[BEACHES.LACOUNTY.GOV](http://BEACHES.LACOUNTY.GOV)



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