

City of Pismo Beach Recreation Division



# Yoga

WITH LINDSAY HARRISON  
AT DINOSAUR CAVES PARK



## ALL LEVELS YOGA

This class is for all ages and bodies. Move through yoga poses and movements - seated, standing, strength-work, balance, flexibility, and more - with different options given for all levels so you can feel strong and balanced.

**DAYS:** MONDAYS & WEDNESDAYS,  
ONGOING STARTING JANUARY 11TH  
**TIME:** 10:30 AM - 11:30 AM

## YOGA FLOW

This is a Yoga Flow class where we move through a series of movements with our breath including balance, core strengthening and stretching. This class features planks and downward dogs (weight bearing on wrists) throughout the class.

**DAYS:** SATURDAYS,  
ONGOING STARTING JANUARY 16TH  
**TIME:** 10 AM - 11 AM

**DROP-IN FEE \$10**

**WEATHER PERMITTING**

**PLEASE MAINTAIN A SAFE SOCIAL DISTANCE**

For general questions, or if it's raining or smoky on the day of a scheduled class, contact Lindsay at [lindsayccyoga@gmail.com](mailto:lindsayccyoga@gmail.com) or visit her instagram account at [@yogawithlindsaycc](https://www.instagram.com/yogawithlindsaycc)

(805) 773-7063 | [pismo-beach.org/recreation](http://pismo-beach.org/recreation)