

# Welcome Back!

## Yoga classes begin Tuesday, April 2nd

For all Alpine County residents & employees

## Tuesdays & Thursdays 5:30-6:30pm

at Behavioral Health Services

40 Diamond Valley Road Markleeville, CA



Practice with Aimee Scherbak of Yoga Sierra, yoga instructor certified through Yoga School of India, Richard Freeman Yoga Workshop, and Dharma Mittra Yoga

*We have yoga mats, blocks, blankets, straps & bolsters available for you to use during classes or bring your own.*

Each class will be tailored to the participants who attend, and the sequences will serve to warm up the body and increase focus, address core strengthening and mobility exercises. The sequences will include a warm down, and a final rest/relaxation at the end, leaving the participants with an opportunity to integrate the benefit of the yoga sessions both mentally and physically.

For more information or questions call (530) 721-1261 or email [driddle@alpinecountyca.gov](mailto:driddle@alpinecountyca.gov)