

COMMUNITY R&B YOGA

+ MEDITATION

presented by **yogitherapi**

WHEN

Wednesdays in June & July
4:30 - 5:30 PM

WHERE

POMONA WELLNESS COMMUNITY
750 S. PARK AVE.
POMONA, CA 91766

REGISTER HERE

bit.ly/PWCRNB

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R&B Yoga is a unique and inclusive yoga experience that combines R&B music with beginner-friendly techniques. Join us!

ALL CLASSES ARE FREE AND OPEN TO ALL AGES!

Creative Wellbeing is a strategic collaboration between the Los Angeles County Department of Arts and Culture, Office of Child Protection, Department of Mental Health, Department of Children and Family Services, the Arts for Healing and Justice Network, and Center for the Empowerment of Families as part of the LA County Arts Education Collective to advance the goals of Arts for All Children, Youth, & Families: Los Angeles County's New Regional Blueprint for Arts Education.

