

The practice of yoga provides tools for anybody at any age. Yoga harmonizes breath with movement and stillness with movement. Classes are taught with pose modifications appropriate for any level of student.

Enjoy strengthening the body,  
increasing your range of motion,  
and free your mind to be in the moment.

Yoga  
Instructor

*Art True*

*Yoga instructor **Art True** believes in strength from the inside out. He focuses on the foundation of a person's strength and the importance of proper technique.*



Come try a yoga on the beach class  
at Lake Cahuilla Recreation Area  
where everyone is welcome and respected.

12 sessions beginning November 6, 2015, Fridays at 3:30pm.  
\$15 per session, or sign-up for the full 12-session series for only \$120.  
(no sessions held on Christmas and New Year's Days)

58075 Jefferson Street, La Quinta, CA 92253

(800) 234-PARK or (760) 564-4712



RIVERSIDE COUNTY REGIONAL PARK  
AND OPEN-SPACE DISTRICT  
**Yoga on the Beach at Lake Cahuilla Recreation Area**  
58075 Jefferson Street, La Quinta, California 92253  
(760) 564-4712; (800) 234-PARK (7275)



Riverside County Regional Park and Open-Space District is pleased to offer a unique yoga experience at Lake Cahuilla Recreation Area in La Quinta, California. Find your zen against the striking backdrop of the beautiful Santa Rosa Mountains and near the shores of Lake Cahuilla.

This is a beginner to intermediate level of gentle yoga. Everyone is encouraged to work to their ability level. The modifications to the poses will be presented by the instructor. Even if you have never tried yoga before, this is a non-intimidating friendly class. Join us for a fun-filled outdoor yoga experience.

Classes will be held Fridays at 3:30pm beginning November 6, 2015 (no class 12/25/2015 and 1/1/2016).

**Complete Series:** All 12 dates for the low price of \$120 (equivalent to \$10 per session).

*There will be no refunds or credits for missed dates.*

**Can't commit to the full series?** You may pre-register for one or more dates for the low price of only \$12 per session. Drop-ins are also welcomed at \$15 per session, subject to availability. To pre-register, please circle your desired dates.

The dates are as follows:    11/6/2015    11/13/2015    11/20/2015    11/27/2015    12/4/2015    12/11/2015  
                         12/18/2015    1/8/2016    1/15/2016    1/22/2016    1/29/2016    2/5/2016

Complete Series (all 12 sessions).....\$120

Number of sessions circled above \_\_\_\_\_ x \$12 = . \$ \_\_\_\_\_

Number of Sessions	
2 .....	\$24
3 .....	\$36
4 .....	\$48
5 .....	\$60
6 .....	\$72
7 .....	\$84
8 .....	\$96
9 .....	\$108

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

EMAIL: \_\_\_\_\_

*I acknowledge that I have received a copy of the Lake Cahuilla Yoga on the Beach Rules and Disclosures:*

SIGN: \_\_\_\_\_ DATE: \_\_\_\_\_

Bring this completed application with the required enrollment fees to the Lake Cahuilla Recreation Area kiosk:

*Please make checks payable to Riverside County Parks.*

For Internal Use Only	
_____ Check or Money Order	_____ Cash, Receipt #: _____
If processed through POS, attach a copy of the receipt to this application.	