

# “YOGA CLASS”

Come and relax with Tobi  
Experienced & Certified Yoga Instructor

**Restorative (Gentle) Yoga**

**Tuesdays 2:00 - 3:30 PM**

And

**Level I Yoga**

**Tuesdays 4:00-5:30 PM & FRIDAYS, 3:30-5:00 PM**

## LOCATION:

**CMH CANCER RESOURCE CENTER**

**2900 Loma Vista Road, Suite 105**

**(Corner of Loma Vista and Brent)**

***Certified Yoga Instructor: Tobi Redlich, D.C.***

“Tobi keeps the mood of her classes focused, heart-centered, and suitably light.”

## ALL CANCER SURVIVORS WELCOME

- LEARN NEW WAYS TO RELAX YOUR BODY
- IMPROVE FLEXIBILITY WITH GENTLE BODY MOVEMENTS
- BUILD STRENGTH AND WELL-BEING
- INCREASE AWARENESS ABOUT YOUR BODY
- FREE OF CHARGE

For more information call (805) 652-5459



Community  
Memorial Hospital

 Community Memorial Health System