

GOOD MORNING YOGA



With Karen Faught (Mills)
760-525-1119

Wednesdays & Saturdays
10 – 11 am

Pinecrest Pool

Karen's 20 years experience with *Ashtanga Yoga*, *Iyengar-Hatha Yoga* and a unique blend of *Thai Yoga* provide a combination of energizing sun-salutes, rejuvenating yoga postures, and a somatic approach to release tension in the shoulders, neck, back & hip area. As a result you can enjoy greater flexibility, range of motion, and postural alignment.

**Classes are free to Site Holders & Pool Club Members &
\$7 for guests**

**Wear comfortable clothing, bring yoga mat
(if you have one)
a blanket and any individualized props you like**