



FREE Stretch for Health

Winter 2026 - 20 Minute sessions



Stretch for Health

Looking to find more relaxation and less pain in your life? Enjoy 20 Minutes to relax and reduce stress while decreasing aches and pains in our Stretch for Health class. Great for all levels.

Winter Schedule

Jan. 6th, 2026- Mar. 27th, 2026

Day & Times

- Mondays and Friday's 10:10-10:30 am

Costs

- Free for Students & Staff

Yoga Benefits

- Improve overall wellness
- Gain flexibility
- Relieve stress
- Decrease neck & back pains
- Increase oxygen

Items Provided

(Or bring your own)

- Yoga Mat
- Yoga Blocks
- Blanket

What's Next?

How to Register: In-person in the VACE Main Office, Suite 101
Class Location: VACE 5200 Valentine Rd., Ventura- RM 104
Questions: Call the VACE Main Office 805-289-1744

Instructor: Liz Brandt

rev 1/8/2026 sc