

HEALTHY LIVING THROUGH YOGA



Instructor: Lynne Thurston

Yoga classes are designed to increase flexibility, strength, balance, and coordination. Learn a variety of yoga postures, adapted to accommodate all fitness levels. Manage stress through visualization, relaxation, and breathing techniques.

Class Location:

All classes meet in Room 104 at VACE, 5200 Valentine Rd, Ventura, CA 93003.

How to Register:

Register with the instructor during class hours or in advance at VACE's Main Office, 5200 Valentine Road, Suite 101. Questions: Call 805-289-1744, extension 0

Class Fees:

Session fees plus annual registration fee (ARF). ARF is \$10 per class/per each school year. Drop-in fee is \$10 per class plus ARF.

Schedule for Winter & Spring 2026:

Mondays 4:00-5:30 pm

<p>Winter Session 1/12 to 3/23/2026 \$90 for 9 classes No classes 1/19 or 2/16/26</p>	<p>Spring Session 4/13 to 6/15/26 \$90 for 9 classes No classes 5/25/26</p>
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Thursdays 5:30-7:00 pm

<p>Winter Session 1/8 to 3/12/2026 \$100 for 10 classes</p>	<p>Spring Session 4/9 to 6/11/2026 \$100 for 10 classes</p>
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