

Self-care with Sierra Subaru



Sierra Subaru is hosting a **free yoga class** in honor of National Suicide Prevention. This workshop will show you how to create mental clarity and calm, increase body awareness and sharpen your concentration with the practice of yoga.

Yoga mats and water bottles will be provided for the first 15 RSVP's. Walk-in's are welcomed.

Mental and behavior health resources will be offered after the session.

SATURDAY

SEPTEMBER 17TH, 2022

MONROVIA LIBRARY PARK

321 S Myrtle Ave,
Monrovia, CA 91016

*back side

9:00am - 10:30am



RSVP NOW!

@sierrasubaru
sierrasubaru.com