



# Yoga in El Sobrante !

**Class will be led by Janae Griffiths**

I have been studying the human form since 2001 including anatomy, physiology, massage, yoga and most recently herbal medicine.

When leading yoga I focus on alignment, body awareness and learning to listen to your edge in order to increase openness, presence and relaxation through your being.

**All levels welcome.**

**Feel free to drop in and bring a friend!**

**Please email for driving directions or more info:**  
[janaepg@gmail.com](mailto:janaepg@gmail.com)

**Who:** You!

**What:** Hatha Flow Yoga

**When:** **Thursday's 9-10 a.m.**

**Where:** Eastshore Aikikai

425A Appian Way

El Sobrante CA, 94803

**Bring:** A yoga mat and block if you have them. And a warm layer including socks:)

**Cost:** \$10 for community members