



Yoga

with

Valyn Carenza-Pack, MA, RYT-500

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Mindful Gentle Yoga

On Zoom

Saturdays at 9:30 am

Sundays at 9:00 am

Mindful Yoga/Pilates

On Zoom

Mondays at 12:30 pm

Wednesdays at 11:30 am

Thursdays at 9:30 am

Fridays at 11:30 am

Pilates Mat

On Zoom

Fridays at 9:00 am

Mindful Yoga/Pilates

On Location in San Pedro

Mondays at 9:30 am

Torrance Memorial Classes

Meditation Circle - Tuesdays and Thursdays at 4:00 pm

Mat Pilates - Fridays at 10:00 am

Restorative Yoga/Yoga Nidra at 4:00 pm

Registration through Torrance Memorial