

Ventura Yoga Studio
(805) 643-5979 info@venturayoga.com
110 N. Olive St Ste P - Ventura, CA 93002

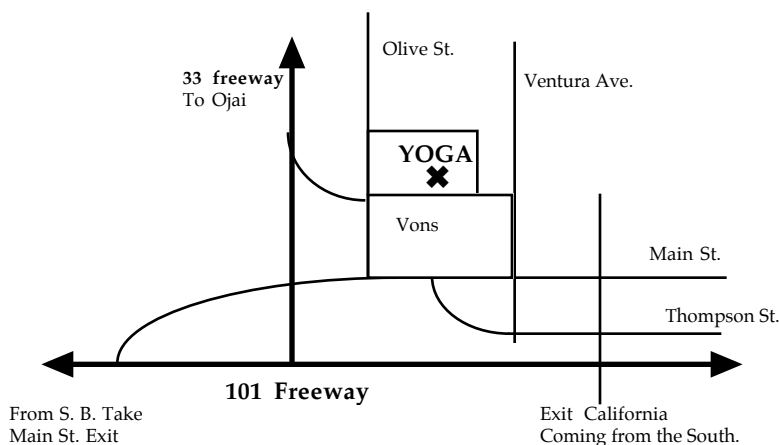
FREE Community Class
with Jane Sievert
Saturday September 18 - 4:00 - 5:30 pm

Here's your opportunity to come down and experience Yoga at Ventura's first yoga studio. We have been offering the best quality Yoga to our community for almost 20 years. This introduction to Yoga class will allow you to experience some of the many benefits Yoga has to offer you. Learn gentle ways to stretch and strengthening your body. Learn how to relax and release stress. Experience how Yoga can improve your health and energy.

**Free Yoga Class for Those New to the
Ventura Yoga Studio**

**Once a month we offer a Free Yoga Class to the community with
a different teacher from the Ventura Yoga Studio**

We Are Located Behind The Vons Shopping Center
at the West end of Ventura on Olive St



No Reservation necessary just come down and experience Yoga!

Experience what everybody been talking about!!