

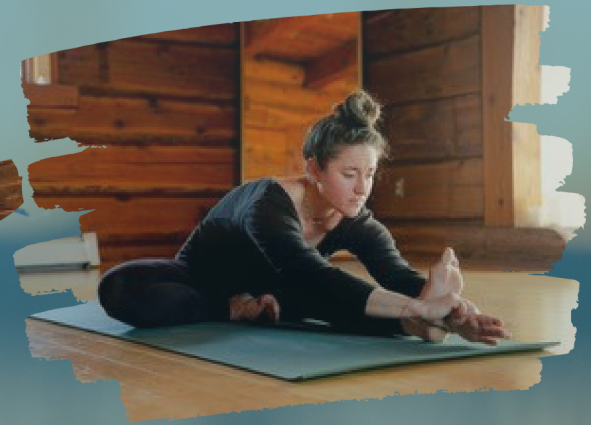
# FREE COMMUNITY YOGA

Wednesday Evenings in March (beginning Wednesday, March 8)

from 6:00 pm - 7:00 pm

at SPARC (South Peninsula Athletic & Recreation Center, 600 Sterling Hwy.)

March 8, 15, 22 & 29



Join a different instructor from Dharmic Spruce each Wednesday in March from 6-7pm for a free hour of yoga at SPARC, sponsored by South Peninsula Hospital!

Each instructor will bring a unique experience and class tailored to their teaching style. You're guaranteed to leave feeling refreshed, relaxed and rejuvenated.

All ages and abilities are welcome! Please bring your own yoga mat if you have one (we will have extras), a water bottle, and some extra layers.



visit [sphosp.org](http://sphosp.org) or contact  
[wellness@sphosp.org](mailto:wellness@sphosp.org) for more information



South  
Peninsula  
Hospital