

# Surfers' Flow Yoga Class



with

*Jonathan Patriarca*

Enhance your surfing performance with increased strength, flexibility, and balance.  
Specifically designed to meet the demands of a surfer's body.

**Friday Nights @ 6:30-7:45pm**

Akasha Yoga (across from El Torito's)  
3211 Holiday Ct. #203  
La Jolla, CA 92037  
[www.akashayoga.com](http://www.akashayoga.com)  
858-622-YOGA

Drop-in \$15 Students & Seniors \$12

Surfers and Non-surfers Welcome