

# Castro Valley Adult and Career Education

## Yoga Classes

*All Levels*

*Warm, supportive and playful environment*

**Mondays September 19 - December 5 (No class 11/21)**

**5:30-7:00 pm**

**or**

**7:15-8:45 pm**

**~\$147.00~**

**Class Location:** Castro Valley Adult and Career Education ~ Room 12  
4430 Alma Avenue, Castro Valley

**Online:**

[www.cvadult.org](http://www.cvadult.org)

**In person:**

Castro Valley Adult

### **REGISTRATION**

and Career Education  
4430 Alma Avenue  
Castro Valley, 94546

**By telephone:**  
(510) 886-1000

**Great Students • Great Staff  
• Great Expectations!**

