

Santa Ynez Recreational Center

Newsletter

#85 November 2020

SYRC Online Board Meeting

Thursday, October 29, 6:00pm

Until further notice SYRC Board meetings will be conducted via videoconference (using the **Zoom Videoconferencing** app). SYRC Members may join the meeting from their computer, tablet, smartphone or land telephone line by clicking the following link:

<https://zoom.us/j/91838552620?pwd=U2YrN1IxVm15eHpLbkkwWWIIUVdtdz09>

(669) 900-6833, ID: 918 3855 2620 Pass: 661926

Meeting agenda will be available on the **BOARD MEETINGS** page of the SYRC website.

All members are welcome to attend.

For updates go to <http://syrcpalisades.org/board-meetings/>.



Board of Directors
- online meeting -

Doubles Now Allowed at SYRC

Doubles tennis is now allowed at SYRC! We are still requiring **only members** at this time - no guests or instructors. Up to four members can play on the same court. Please remember to call at or after 4pm to make a next-day reservation for tennis AND/OR the pool. Contact SYRC Staff with any questions.



SYRC Book Club

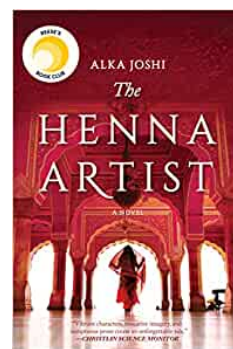
Tuesday, November 10, 12:00pm

"The Henna Artist"

by Alka Joshi

Location: K Bakery, 548 Palisades Drive.

Dec: TBD



Yin Yoga Classes

Days & Times TBD

Beverly Louks is an insured SYRC member permitted to instruct under current restrictions. Instructors or guests from outside the SYRC community are not permitted at this time due to current guidelines. Please contact Beverly for additional information. Beverlyyinyoga@gmail.com



Sunrise Breathwork/Meditation

Wednesdays 7-7:30am Starting October 21st

This class, taught by SYRC Member **Beverly Louks**, is available to **SYRC members only** and will offer the opportunity to exercise and help expand our lung capacity. As we age we become shallow breathers limiting our breath to our chests. During the class, one will be able to witness how deeply they breathe and where the breath flows in the body. A meditation will follow the Breathwork enabling one to start the day calmly, purposefully, and renewed. Join Beverly outside the Rec Center on the grass (following all the social distancing rules/ requirements) in the tranquil morning moments.

\$15 per class. Maximum 8 persons per class. Please contact Beverly at (310) 562-8362 or Beverlyyinyoga@gmail.com



Sunset Sound-Bath Meditation

Saturdays at 6:00pm Starting October 24th

This class is designed to relax and release all the tensions (stress, anxiety, fear) from your body, as you connect deeply to your inner self where true peace lies. While lying down you will be bathed in the sounds of beautiful crystal alchemy bowls. These bowls are infused with precious gems and are said to have many healing qualities. Come indulge in self care, peace, presence, nature and the beautiful highlands we live in. This class will be held twice a month. Space will be limited. Classes are \$25.00 per person. Dates and times flexible due to daylight savings time. We will be following all social distancing rules and requirements. Maximum 8 persons per class. No guests are permitted from outside SYRC. Please contact Beverly at (310) 562-8362, or email Beverlyyinyoga@gmail.com



For **updates**, call the Rec Center at 310-459-4083 or visit the SYRC website at <http://syrccpalisades.org/notices/>.

www.syrccpalisades.org, syrccdir@gmail.com, 310-459-4083

