



Newsletter

#87 February 2021

SYRC Online Board Meeting

Thursday, January 28, 6:00pm

SYRC Board meetings are conducted via videoconference (using the **Zoom Videoconferencing** app). Members may join using the link posted on the **BOARD MEETINGS** page of the SYRC website (meeting agenda will also be posted). All members are welcome to attend. For updates go to <http://syrcpalisades.org/board-meetings/>.



Board of Directors
- online meeting -

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



Sunset Sound-Bath Meditation

Saturday, Feb 20 at 5:30pm

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

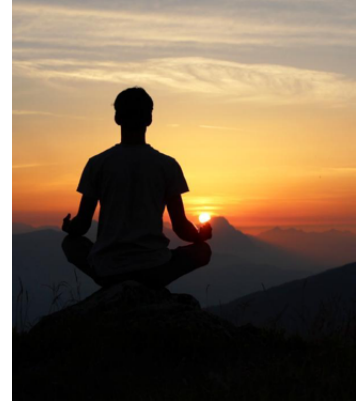


limited. Classes are \$25.00 per person.. We will be following all social distancing rules and requirements. Maximum 8 persons per class. No guests are permitted from outside SYRC. Please contact Beverly at (310) 562-8362, or email Beverlyyinyoga@gmail.com

Sunrise Breathwork/Meditation

Dates TBD

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



SYRC Book Club

The Book Club has been postponed due to chilly weather.

Stand by for further updates.



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



Santa Ynez Recreational Center | 17005 Palisades Circle, Pacific Palisades, CA 90272

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