



Newsletter

#89 April 2021

SYRC Gym Reopening

As of Wednesday, March 17, 2021

We are happy to inform our membership that the SYRC gym reopens as of **March 17** within the limited occupancy requirements of the latest LA County Department of Public Health order.

- Maximum of **one (1) household** permitted in gym per one hour reservation, with limit of up to **two users** (of same household) at time.
- **Masks** must be worn by all gym users.
- **Reservations** can be made via the SYRC **Skedda online system**, accessible through the **RESERVATIONS** page of the **SYRC website**.

Please check the **REOPENING PROTOCOL** page of the SYRC website for updates.



SYRC Online Board Meeting

Thursday, March 25, 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 -

Sunset Sound-Bath Meditation

Saturdays, April 24th at 7:00pm

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

Yin Yoga Classes

Days & Times TBD

Please contact **Beverly Louks** at (310) 562-8362 or Beverlyyinyoga@gmail.com.



Sunrise Breathwork/Meditation

Dates TBD

Please contact **Beverly Louks** at (310) 562-8362 or Beverlyyinyoga@gmail.com.



SYRC Book Club

Monday, April 12, 1:00pm

The Midnight Library
by Matt Haig

Location: K Bakery



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

