



# Newsletter

#90 May 2021

## SYRC Online Board Meeting

Thursday, April 22, 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/>.



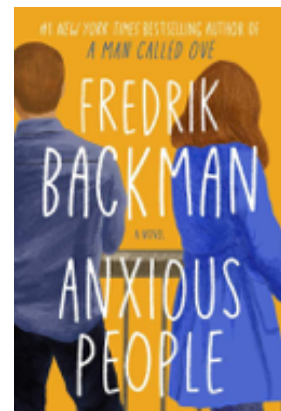
**Board of Directors**  
- online meeting -

## SYRC Book Club

Tuesday, May 11, 2:00pm

**Anxious People**  
by Fredrik Backman

Location: 1338 Avenida De Cortez (home of Barbara Rosenblum)  
June 8: Four Winds by K. Hannah



## Sunset Sound-Bath Meditation

Saturdays at Sunset

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](mailto:Beverlyyinyoga@gmail.com)



## Yin Yoga Classes

Days & Times TBD

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



---

# Sunrise Breathwork/Meditation

**Dates TBD**

Please contact **Beverly Louks** at (310) 562-8362 or [Beverlyyinyoga@gmail.com](mailto: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](http://www.syrccpalisades.org), [syrccdir@gmail.com](mailto:syrccdir@gmail.com), 310-459-4083



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

[Unsubscribe {recipient's email}](#)

[Update Profile](#) | [Customer Contact Data Notice](#)

Sent by [syrccwebmaster@gmail.com](mailto:syrccwebmaster@gmail.com) powered by



Try email marketing for free today!