

MBUTA invites you to a

Teacher Wellness Workshop
at



1310 Pacific Coast Hwy, Hermosa Beach

from 3:45 p.m to 5:45 p.m.
on Friday, November 3, 2017

The event is a free workshop featuring yoga,
meditation, and relaxation techniques,
and it is open to all members
(no previous yoga experience is required)

Please join us!

Manhattan Beach Unified Teachers Association
3551 Voyager Street #105 • Torrance, CA 90503 • (310) 921-2500 • www.sbut.org/mbuta

YOGA