



### NEWS RELEASE

June 13, 2014

### New Summer Classes Offered

The Santa Maria Recreation and Parks Department is please to add the following new classes to its summer class line-up:

#### Prenatal Yoga

Expectant mothers, yoga helps to relieve tension and reduce aches and pains, which will make you more comfortable throughout your pregnancy. Yoga will also increase strength and flexibility (in body and mind) to help prepare you for labor. All levels and stages of pregnancy are welcome. Classes begin Thursday, July 10.

#### Yoga Basics

New to yoga? This 4-week series is the ideal introduction for beginning yoga students. Basic poses and breathing techniques will be covered, giving you a foundation to build your practice upon. You will learn safe alignment in a calm, relaxing environment. Yoga increases strength, flexibility, peace of mind, and much more. Classes begin Tuesday, July 8.

#### Watercolor Painting

This class is so popular that a second session has been added. Learn basic techniques that will surely inspire and encourage you to create your own watercolor composition. This new 6-week class begins Monday, August 11.

Questions may be directed to the Recreation and Parks Department at (805) 925-0951 ext. 260, or log onto the City website at [www.cityofsantamaria.org](http://www.cityofsantamaria.org).

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