805 Connects Activity Reminder

Event: Yoga Class w/ Coach

This activity uses 3 authorized hours with 805 Connects

Date: April 8th, 2026

Time: 4:15 PM - 7:15 PM

Location: 805 Connects Office
1317 Del Norte Rd. Suite #150, Camarillo CA 93010

Description:

Join our beginner yoga class designed to help you relax, stretch, and build confidence at your own pace. We'll practice simple poses, gentle breathing exercises, and easy movements that are perfect for anyone new to yoga. This class is a calm and welcoming space to improve flexibility, balance, and overall well-being. 🧘‍♀️✨

How to Prepare:

Wear athletic clothing and shoes. Please bring a water.

Pick up details for the day of the event:

- Pick-up time is 3:30pm-4:15pm
- An activity coach will call you during pick-up.
- Please be prepared, answer your phone, and be patient so we know you are still attending.