805 Connects Activity Reminder

Event: Yoga Class w/ Coach

This activity uses 3 authorized hours with 805 Connects

Date: March 4th, 2026

Time: 4:15 PM - 7:15 PM

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

Description:

Join us for a guided yoga class designed especially for beginners. This gentle, welcoming class will introduce basic poses, breathing, and simple stretches at an easy pace. No experience is needed—just come ready to relax, move your body, and enjoy a calm, supportive environment.

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.