

# Sunset Yoga

with Natalie Backman

Sunset yoga is designed to acclimate the body and soul to the setting sun. Participants will practice pranayama (breathing techniques) and asanas (postures suited for all levels) culminating with a 10-15 minute meditation with the sunset behind you.

Bring a mat and dress in layers for cooler weather.

All ages & levels welcome

Monday

January 23 & February 13

\$15

Malibu Bluffs Park

5:30-6:30pm



Pre-register: [malibucity.org/winterworkshops](http://malibucity.org/winterworkshops)

For more information call 310.456.2489 ext. 239