



Focus on Spirituality

Yoga & Meditation

for Sex & Love Addiction



*The rhythm of the body, the melody of the mind
and the harmony of the soul create the symphony of life.*

-B.K.S. Iyengar

TUESDAYS
6:30 – 8:00PM

**MANHATTAN BEACH
COMMUNITY CHURCH**

**330 South Peck Ave
Manhattan Beach
90266
(off Artesia Blvd at
Curtis Ave)**

We meet in the Upper
Room located off the
inner courtyard.

* Bring yoga mat if
you have one & wear
comfortable clothing

**12-Step
Recovery**

**All Are
Welcome!**

LAA Yoga & Meditation

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