

Sausalito Parks & Recreation and Library Present A Preview of Upcoming Community Classes

December 16

7:00pm Council Chambers

Join us for a sneak peek at the fun and educational programs offered through Parks & Recreation starting in January 2014. Class and registration information can be found online or in the Sausalito and it's Community Magazine available in City Hall.



The Latirmerlo Studio offers private Singing lessons, a *Kid's Sing* choral class, and *Singin' the Classics* for adults

In her upcoming course *Improve your Memory—Simple Secrets for Waking Up your Brain.*

Award winning author, screenwriter and master hypnotist **A.T. Lynne** will amaze you with simple and easy ways to retrain your brain. Not only will you astound your friends with your accurate memory, you'll put it to the best use ever - remembering what's important and letting go of what isn't.



Licensed physical therapist, certified yoga and prenatal yoga instructor, certified strength and conditioning specialist and creator of *ThePragmaticYogi.com* **Lisa Bollheimer Minn** provides some practical advice for physical activity and conditioning as you age, and previews her *Core Restore* class.

