



# YOGA

“The journey of a thousand miles begins with a single step.”

## Yoga with Johnny

Gratitude Donation



**Classes are held Thursday mornings  
9:00 am to 10:15 am**

25782 Obrero Dr, Ste D, Mission Viejo, CA 92691

Please bring your own yoga mat

**[JohnnyMacAdam@msn.com](mailto:JohnnyMacAdam@msn.com)**

**562-230-1963**

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