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ROUND THE RANCHO

YOGA CLASS TOMORROW

Back in August I wrote about the newly opened Lotus 7 Yoga and Pilates at Plaza Antonio. A few days ago the proprietor, Rancho resident Lisa Brabender, emailed to let me know a few more spaces are available for this Saturday's Hatha Yoga Basics class, to be held from 1 to 3:30 p.m.

If you've always wondered what yoga was about but never taken a class before, this one may be the one for you. And speaking from my own experience, I can tell you that certified yoga instructor Angie Knight is a terrific teacher. About five years ago a friend and I enrolled in an eight-week yoga session taught by Ms. Knight over in Aliso Viejo, and I highly recommend her classes to yoga newbies as well as those who would like a refresher course. The cost of Saturday's course is \$45; to register, call 949-888-4508 or go to www.lotus7yoga.com.

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