

# Yoga Times

**SUNDAYS @ 5:30 p.m. with Bren**

**TUESDAYS @ 2 p.m. with Monica**

**THURSDAYS @ 2 p.m. with Monica**

**SATURDAYS @ 8 a.m. with Monica**

Yoga supports chiropractic care by improving posture,  
building strength, and stretching muscles.

Learn more at [www.DrDuddey.com/blog](http://www.DrDuddey.com/blog)

SportsCare Center Huntington Beach

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