

MAT YOGA

For Every Body



Join Jeanie for a traditional Hatha yoga practice, where we will integrate breathwork and controlled movements.

STARTING FEBRUARY 20 • THURSDAYS 10:00 AM-10:45 AM

WHY ATTEND THIS CLASS?

- Suitable for beginners
- Includes standing and floor-based exercises, with seated options for **all mobility levels**
- Improve strength and flexibility
- Reduce stress and learn mindfulness techniques



To reserve your spot, please call the Senior Center at
714-741-5253