

# MAT YOGA

*For Every Body*



We will practice breathing techniques and slow, controlled postures to support well-being.

**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
- Please bring a yoga mat and water

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