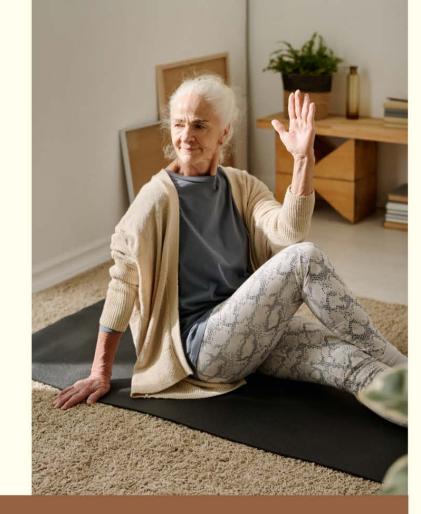
MAT YOGA

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