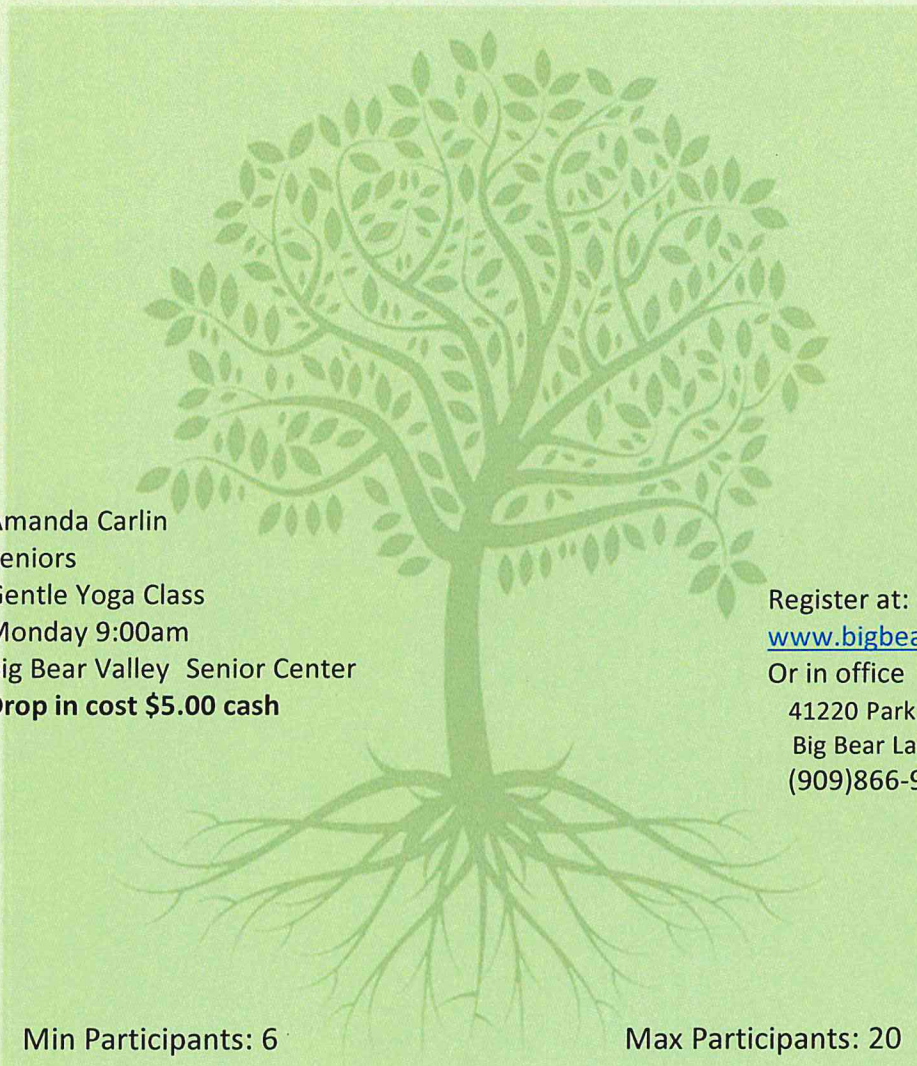




CHAIR YOGA

Gentle and light, this chair yoga class is appropriate for all levels. From first timers to seasoned regulars. Class will include relaxing music, basic breathing work, full body warm up and tension-releasing poses. All done while seated in a chair, or using a chair for balance. Chairs will be provided, you may bring a cushion for more comfort and support. Water bottles are suggested.



Instructor: Amanda Carlin
Who: Seniors
What: Gentle Yoga Class
When: Monday 9:00am
Where: Big Bear Valley Senior Center
Cost: **Drop in cost \$5.00 cash**

Register at:
www.bigbearparks.com
Or in office
41220 Park Ave.
Big Bear Lake, CA 92315
(909)866-9700

Min Participants: 6

Max Participants: 20