

# Senior Chair Yoga



Gentle and light, this 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.

**MONDAYS & WEDNESDAYS**

**9:00 AM**

INSTRUCTOR: AMANDA CARLIN

WHO: SENIORS 55+

WHERE: BIG BEAR VALLEY SENIOR CENTER

42651 BIG BEAR BLVD. 92315

COST: **\$5.00 CASH** DROP IN COST



FOR MORE INFO:

[WWW.BIGBEARPARKS.ORG](http://WWW.BIGBEARPARKS.ORG)

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