

# HEALTHY LIVING 4 LIFE

PILATES ♦ YOGA ♦ POST-REHAB



**NEW  
YOGA  
CLASSES  
Start  
March 14**

**YOGA BASICS  
Tues / Thurs 10:30**

- Has your doctor suggested you join a yoga class, but you are hesitant to join a community-based class? Join this class and learn alignment basics and modifications to common poses in a small and personalized class. We will learn basic poses and modifications for various medical issues in a gentle flow class. (NOTE: this is not a chair based class. Participants need to be able to get up and down from the mat on the floor) .

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