

A woman with grey hair in a ponytail and a man in the background are practicing yoga in a bright, modern room. They are both in a seated position with their hands pressed together in a prayer pose (Anjali Mudra). The woman is in the foreground, and the man is slightly behind her to the right. The room has large windows and some indoor plants.

# Yoga & You

**THURSDAY, MARCH 26, 2-3 P.M.**

Join us to learn gentle stretching techniques for seniors.  
Presented by Tree of Life Yoga.



**THE BRIDGE  
AT GREELEY**  
AN ASSISTED LIVING COMMUNITY

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