



Adaptive Yoga at five East County locations, open to everyone!
Healthways Silver Sneakers benefit members encouraged to attend.

Modifications for all levels & abilities - body positive - no need to bring a mat; chairs & props provided – bring water & wear comfortable clothing.

MON 12:30 PM El Cajon Library

WED 9:30 AM Tifereth Israel Synagogue (starts 3/2)

WED 12:30 PM Casa de Oro Library

FRI 12:30 PM Lemon Grove Library

SAT 8:30 AM La Mesa Library

Contact Jackie.Gadd@gmail.com 619-578-3863 for details. No classes on library/synagogue closure days/holidays.

Come join us in these new yoga classes -
Yoga is a great way to reduce stress, increase endurance and feel better overall.

Even better, participating in yoga can help you:

· burn calories · increase core strength · improve your posture · improve balance

COME OUT AND PLAY! VISIT SILVERSNEAKERS.COM/FLEX TO REGISTER.

