

**SOMERVILLE COUNCIL ON AGING  
PRESENTS:**



# YOGA



**YOGA IS BACK AND OPEN TO ALL!**

**STARTING OCT 29<sup>TH</sup>**

**(OCT 29<sup>TH</sup>, NOV 5<sup>TH</sup>, 12<sup>TH</sup>, 19<sup>TH</sup>, DEC 3<sup>RD</sup>)**

**JOIN US ON THURSDAY MORNINGS!**

**A GOOD WAY TO START THE DAY!**

**THIS IS A CLASS FOR ALL LEVELS.**

- ✓ Easy-to-follow program lets you Stretch and relax.
- ✓ It's an invigorating, community-oriented yoga class that will make you feels fresh, and most of all, exhilarating!
- ✓ Yoga provides modified, low-impact moves and easy-to-follow pacing for a healthy, active lifestyle!

**Thursdays 9:00 am – 10:00 am  
Holland Street Center – 167 Holland Street**

**\$20.00 for 5 weeks.  
RSVP (A MUST):  
617-625-6600 ext. 2300**

**SPACE LIMITED**

