SOMERVILLE COUNCIL ON AGING PRESENTS:



YOGA



By Noah

YOGA IS BACK AND OPEN TO ALL! MAY 8 — JUNE 5! 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) to: Chris Kowaleski

617-625-6600 ext. 2315

SPACE LIMITED

