

Yoga at SCV



Do you know that yoga has numerous benefits for the body and mind at **ANY** age!
Have you ever done yoga? Would you like to give it a try?
Now is your chance!

Lee Parrott, Certified Chair Yoga Instructor

will be back at SCV to teach Yoga in the Activity Room starting in August.

Our Yoga Class is in the **CHAIR** and exercises can be modified to your interest and ability. *You do not have to get on the floor for this class unless you want to.* Experience a 45-minute class of stretching, strengthening, working on balance and flexibility. You will leave the class feeling regenerated and relaxed!

- COME GIVE IT A TRY AND DO THE FIRST CLASS FOR FREE on Tuesday, August 7th at 8:30 a.m.
- Tuesday, August 14th at 8:30 a.m.
- Tuesday, August 21st at 8:30 a.m.
- Tuesday, August 28th at 8:30 a.m.

All you need is:

Comfortable Clothes

Water Bottle (recommended)

Yoga Mat (or we have a few you can borrow)

You can do yoga barefoot, with socks on or shoes (whatever is most comfortable)

Only \$20 for the month if you want to participate!
Check or Cash can be paid to Diana in the Activity Office.