

A decorative border surrounds the text, featuring various yoga poses in a stylized, colorful illustration style. The poses include standing, kneeling, and seated variations, with some figures having red hair or accessories. The background is white with scattered geometric shapes like hearts, circles, and triangles.

MAT YOGA AND CHAIR YOGA

\$10.00/MONTH



TUESDAYS, MAT YOGA AT 10:30-11:30 AM (PEG)
TUESDAYS, CHAIR YOGA AT 12:00-1:00 PM (PEG)
WEDNESDAYS, MAT YOGA AT 9:00-10:00 AM (KIM)

Please register at the Activities Desk

MARTES, YOGA EN EL PISO 10:30-11:30 (PEG)
MARTES, YOGA EN LA SILLA 12:00-1:00 (PEG)
MIERCOLES, YOGA EN EL PISO 9:00-10:00 (KIM)

Inscribase en el mostrador de Actividades