



MONO COUNTY SOCIAL SERVICES **CHAIR YOGA CLASS**

FEBRUARY 2019 SCHEDULE

FEBRUARY 5TH 10:30 AM-11:30AM

FEBRUARY 12TH 10:30AM-11:30AM

FEBRUARY 19TH 10:30AM-11:30AM

FEBRUARY 26TH 10:30AM-11:30AM

**LOCATION: ANTELOPE VALLEY COMMUNITY CENTER
442 MULE DEER ROAD, WALKER CA**

Antelope Valley Senior Center has been offering free Chair Yoga classes at the Antelope Valley Community Center. Come join us to share the benefits that Yoga has to offer. Everyone can do yoga! Chair Yoga is a safe and effective way to practice yoga at any age and level of health, ability or mobility.

“If you can breathe, you can do yoga” ~ Krishnamacharya

For more information or questions contact Pat Espinosa (530) 495-2323
email: pespinosa@mono.ca.gov