



# MONO COUNTY SOCIAL SERVICES **CHAIR YOGA CLASS**

## JANUARY 2019 SCHEDULE

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**JANUARY 8<sup>TH</sup> 10:30 AM-11:30AM**

**JANUARY 15<sup>TH</sup> 10:00AM-11:00AM**

**JANUARY 29<sup>TH</sup> 10:30AM-11:30AM**

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

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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 contact Pat Espinosa (530) 495-2323  
email: [pespinosa@mono.ca.gov](mailto:pespinosa@mono.ca.gov)