



MONO COUNTY SOCIAL SERVICES **CHAIR YOGA CLASS**

MARCH 2019 SCHEDULE

MARCH 5TH	10:30 AM-11:30AM
MARCH 12TH	10:30AM-11:30AM
MARCH 19TH	NO CLASS TODAY
MARCH 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
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