

# Gentle Yoga

- Come and learn the basics, chair yoga

Anti rheumatic asanas to open joints

Yogic Breathing

Relaxation

Improve balance and flexibility

Bring yoga mat, large beach towel or solid blanket, yoga strap or bath robe belt or sash, yoga block, or just come

No prior knowledge

Certified yoga instructor Frances R. will be your guide

**Tuesdays 10:00 am**

**Wednesdays 5:45 pm**

**West Jordan Senior Center**

**8025 S. 2200 W.**

**801-561-7320**