

# CHAIR YOGA

# + MAT YOGA

## MALIBU BLUFFS PARK

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LEARN NEW POSES, INCREASE FLEXIBILITY,  
AND PRACTICE STRETCHING TECHNIQUES  
IN A CALM AND RELAXING ENVIRONMENT.

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### CHAIR YOGA

MONDAYS, 11AM - 12PM  
JANUARY 3 - 31, \$20  
FEBRUARY 7 - 28, \$15  
NO CLASS 1/17 & 2/21

### MAT YOGA

TUESDAYS, 1 - 2PM  
JANUARY 4 - 25, \$20  
FEBRUARY 1 - 22, \$20  
\*BRING YOUR OWN MAT

FOR MORE INFORMATION CONTACT 310.456.2489 EXT. 357  
[MALIBUCITY.ORG/SENIORCENTER](http://MALIBUCITY.ORG/SENIORCENTER)

