

CHAIR YOGA

+ MAT YOGA

MALIBU SENIOR CENTER

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

CHAIR YOGA

MONDAYS, 11AM - 12PM

SEPT 12 - 26, \$15

OCT 3 - 31, \$20

NOV 7 - 28, \$20

MAT YOGA

TUESDAYS, 1 - 2PM

SEPT 6 - 27, \$20

OCT 4 - 25, \$20

NOV 1 - 29, \$25

