



MALIBU SENIOR CENTER

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

CHAIR YOGA

MONDAYS, 11AM - 12PM

JAN 9 - 30, \$15

NO CLASS ON 1/16

FEB 6 - 27, \$15

NO CLASS ON 2/20

MAT YOGA

TUESDAYS, 1 - 2PM

JAN 2- 31, \$25

FEB 7 - 28, \$20

