

*EveryBODY can do yoga!*

*If you can breathe, you can do yoga.*

*Chair Yoga for Seniors  
& Physically Challenged People*

*1st & 3rd Thursday of every month  
10-11:20am*

*Stretch \* Breath \* Move \* Relax*

*Kundalini Yoga & Meditation  
taught by Gurumatma*

*Tremendous reward for little effort  
with Movement Modifications  
to fit your needs*

*Life is to move!  
Leave with a smile on your face.*

**West Gray Multiservice Center**  
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