



Challenge C E N T E R

Adaptive Yoga Classes

An all-levels gentle yoga experience

8 Week Sessions

Cost: \$50 for Seniors and Individuals with Qualifying Disabilities

All Others \$160

When: Mondays @ 12pm and Wednesdays @ 8am

***Stretches to build flexibility**

***Strengthening poses to increase stability**

***Balancing poses for increased mobility**

***Reconnect with mind & body.**

Modifications to poses will be offered to allow students with varying abilities to experience the healing benefits of yoga

Sessions led by a RYT (Registered Yoga Therapist)

**For more information contact Karen or Matt @ challenge Center @ 619-667-8644
www.challengecenter.org**