

# YOGA FOR HEALTH

## REGISTER NOW FOR JANUARY CLASSES!

**Experience the rejuvenating benefits of yoga with our gentle Yoga for Health class, specially designed for adults over 50.**

**Gentle & Accessible:** Enjoy a slow-paced class focusing on mild to moderate poses, making it perfect for all fitness levels.

**Increase Flexibility & Strength:** Our carefully selected poses help you gradually release tension, improve flexibility, and build gentle strength.

**Enhance Mind & Body:** Experience the calming effects of yoga, including improved focus, reduced stress, and an overall sense of well-being.

**Personalized Guidance:** Our experienced instructor will provide modifications and support to ensure your comfort and safety throughout the class.

**Relax & Renew:** Each class concludes with a soothing meditative relaxation exercise to leave you feeling refreshed and centered.

**San Bruno Senior Center**

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**JAN. 5 - APR. 20**  
Mondays, 4:00 - 5:00PM

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**JAN. 8 - APR. 23**  
Thursdays, 10:15 - 11:15PM

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**Fee: \$85**

**IN-PERSON CLASS:**  
Join us for a supportive,  
welcoming experience.



### EXPLORE THIS CLASS WITH A GUEST PASS!

\$12 drop-in passes are available for purchase online, at the Adult School, or directly from your instructor.



*Purchase A Guest Pass Today!*

Scan the QR code or click to purchase a Guest Pass for yourself or a friend!