**YOGA**

**11 am -12 noon THURSDAYS**

**COMMUNITY ACTIVITIES BUILDING, ROOM #5 FREE!**

**INSTRUCTOR: ARLENE MCCARTHY, PT, DPT, MS, RYT 500**

**Open yourself to movement and balance through Yoga—in this class we will explore new ways to move. Requirement: Willing to try getting down to mat on the floor and then back to standing. We will use props such as blocks, chairs, bolsters to assist us in yoga poses, whether lying down, sitting, kneeling, or standing.**



**ADAPTIVE PHYSICAL EDUCATION**

**939 VALOTA ROAD, RWC (650)368-7732** [**http://www.adaptivepevmsc.org/**](http://www.adaptivepevmsc.org/)

