

# YOGA

11 am -12 noon THURSDAYS

VMSC ARMORY BUILDING ROOM E-1 **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/>

