

SOMERVILLE COUNCIL ON AGING



YOGA



Tuesdays from 10:00am to 11:00am

August 9th, 16th, 23rd and 30th

Holland Street Center

167 Holland Street

A GOOD WAY TO START THE DAY!

THIS IS A CLASS FOR ALL LEVELS.

- ✓ Easy-to-follow program lets you stretch and relax.
- ✓ It's an invigorating, community-oriented yoga class that will make you feel fresh, and most of all, exhilarating!
- ✓ Yoga provides modified, low-impact moves and easy-to-follow pacing for a healthy, active lifestyle!

For more information, please call Debby at 617-625-6600 ext. 2321 or email dhiggins@somervillema.gov.