

Somerville Council on Aging

# YOGA



**Tuesdays at \*9:00am & 10:00am**

**February 7<sup>th</sup>, 14<sup>th</sup> & 28<sup>th</sup>**

***\*Added class time***

Holland Street Center: 167 Holland Street

**Join our yoga instructor:**

**Louise Parker**

- **Due to popular demand our yoga program will be expanding this February!**
- **Both classes will offer the same session of gentle, easy-to-follow movements meant to be performed while sitting or standing.**
- **Due to space allowances and participants safety, please plan to attend either the 9:00am OR 10:00am yoga class.**

*For more information, please call Phelan at 617-625-6600 x2315,  
or email [phowell@somervillema.gov](mailto:phowell@somervillema.gov)*