



Somerville Council on Aging

YOGA



Tuesdays at 9:00am & 10:00am

April 4th, 11th & 25th

Holland Street Center: 167 Holland Street

Join our yoga instructor:

Louise Parker

- **Due to popular demand our yoga program has expanded to *TWO* class sessions.**
- **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 participant 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*