



Somerville Council on Aging

YOGA



Tuesday at 9:00am & 10:00am

August 1st

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 Debby at 617-625-6600 ext. 2321,
or email dhiggins@somervillema.gov*