



# Inclusive Yoga for All Abilities



Join Jessica Parsons and friends in this fully inclusive class where everyone is welcome. This is a fun class where people of all ages and abilities can use yoga as a way to become stronger, more flexible, develop core strength, and improve overall health.

**Fee: \$33 / \$30 (for City residents) per session  
OR \$8 drop-in fee per class**

**22381:** 9/20/16 – 10/25/16 Tuesdays from 4:00-5:00pm

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**22385:** 9/22/16 – 10/27/16 Thursdays from 11:00am-12:00pm

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**22382:** 11/1/16 – 12/6/16 Tuesdays from 4:00-5:00pm

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**22386:** 11/3/16 – 12/8/16 Thursdays from 11:00am-12:00pm

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All classes are located at the Carrillo Recreation Center  
100 E. Carrillo, Santa Barbara, CA 93101

For more information call **(805) 564-5421**

