

A woman with blonde curly hair and glasses, wearing a bright pink tank top and black leggings, is sitting in a yoga pose on a wooden floor. Her hands are clasped in front of her chest in a prayer position. The background is a plain, light-colored wall.

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

22811: 5/09/17-6/13/17 Tue. From 4:00pm-5:00pm

22815: 5/11/17-6/15/17 Thu. From 11:00am-12:00pm

22812: 6/20/17-7/25/17 Tue. From 4:00pm-5:00pm

22816: 6/22/17-7/27/17 Thu. From 11:00am-12:00pm

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

For more information contact Adapted Programs at (805) 564-5421