



**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: \$34/ \$31** (for City residents)

**Or \$8 drop-in fee per class**

|                   |            |                 |
|-------------------|------------|-----------------|
| 1/9/19 – 2/13/19  | Wednesdays | 4:00pm-5:00pm   |
| 1/10/19 – 2/14/19 | Thursdays  | 10:30am-11:30am |
| 2/20/19 – 3/27/18 | Wednesdays | 4:00pm-5:00pm   |
| 2/21/19 – 3/28/19 | Thursdays  | 10:30am-11:30am |

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

Adapted Recreation Program (805) 564-5421  
Bring a friend for FREE to class on 9/12 and 9/13