



**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

24152: 1/04/18 - 2/08/18 Thursdays 10:30am-11:30am

24154: 1/03/18 - 2/07/18 Wednesdays 4:00pm-5:00pm

24153: 2/15/18 - 3/22/18 Thursdays 10:30am-11:30am

24155: 2/14/18 - 3/21/18 Wednesdays 4:00pm-5:00pm

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

Adapted Recreation Program (805) 564-5421