



**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

23931: 9/14-10/26/17 Thursdays 10:30am-11:30am

23932: 9/13-10/25/17 Wednesdays 4:00pm-5:00pm

23934: 11/2-12/7/17 Thursdays 10:30am-11:30am

23933: 11/1-12/6/17 Wednesdays 4:00pm-5:00pm

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