



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

4/3/19 – 5/8/19	Wednesdays	4:00pm-5:00pm
4/4/19 – 5/9/19	Thursdays	10:30am-11:30am
5/15/19 – 6/19/18	Wednesdays	4:00pm-5:00pm
5/16/19 – 6/20/19	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-