



**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 10:30am-11:30am  
22812: 6/20/17-7/25/17 Tue. From 4:00pm-5:00pm  
22816: 6/22/17-7/27/17 Thu. From 10:30am-11:30am

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**