



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

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| 9/12/18 - 10/24/18 | Wednesdays | 4:00pm-5:00pm |
| 9/13/18 - 10/25/18 | Thursdays | 10:30am-11:30am |
| 10/31/18 - 12/5/18 | Wednesdays | 4:00pm-5:00pm |
| 11/1/18 - 12/6/18 | 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