

YOGA FOR EVERY BODY

Gentle all-level yoga instructed by Sam Poyta



Strengthen, stretch, and unwind your body and mind with centering yoga postures and breathing. This soothing drop-in class focuses on exercises that are adaptable for a range of abilities. Open to all ages and levels of experience.

**Mondays & Fridays,
8—9 am**

Location: Wallingford Community Senior Center

\$7 members, \$9 public. Drop-ins welcome.



Wallingford Community Senior Center
4649 Sunnyside Ave N ~ Lower Level Good Shepherd Center
Seattle WA 98103 ~ 206-461-7825 ~ wallingfordseniors.org