

# YOGA

## *Chair Yoga*

**Fridays**

A modified form of yoga, using exercise principles of traditional yoga to increase participants health and fitness by replacing a floor mat with a chair.

**Session 1, 9 - 10 a.m.**  
**Session 2, 10:15 - 11:15 a.m.**

**March 1 - April 5**

## *Gentle Mat Yoga*

**Tuesdays**

A gentle form of yoga with modified movements and proper breathing techniques. Bring your own yoga mat.

**Session 1, 9 - 10 a.m.**  
**Session 2, 10:15 - 11:15 a.m.**

**February 27 - April 2**

### **6-week Session**

**\$42/Bloomington resident**

**\$54/non-resident**

**Drop-in (when space allows):**

**\$11/Bloomington resident • \$13/non-resident**

**Cancellation policy applies.**

### **For more information and/or registration:**

Creekside Community Center • 9801 Penn Ave. S. • Bloomington, MN 55431 • 952-563-4944, MN Relay 711

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