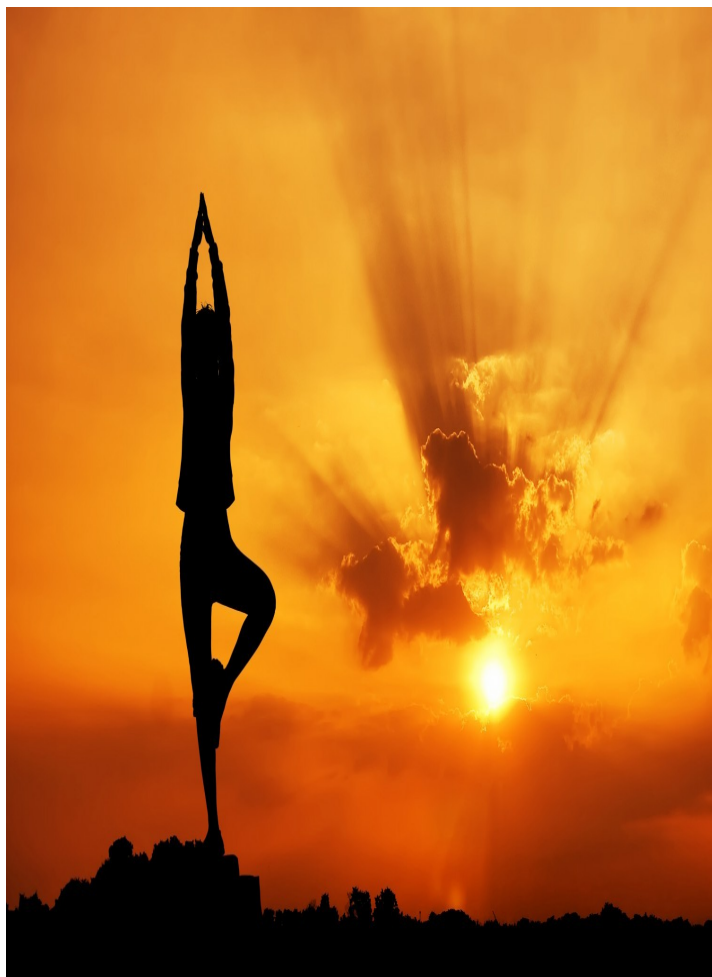


# *Golden Age Yoga*



**Every Thursday  
12:30 pm**

***FREE CLASS***

**The class is reserved for  
seniors 60 & older ONLY.**

**The Bell Tower Regional  
Community Center  
22232 El Paseo,  
RSM 949) 709-7592**

**Enjoy the benefits of yoga ~**

**improves energy, manage stress, reduce insomnia,  
lower blood pressure, lessen chronic pain, mobility,  
creates and increases muscle strength,  
breathing exercises and flexibility!**

**What to bring ~ Mat or towel**

**What to wear ~ comfortable clothes**

