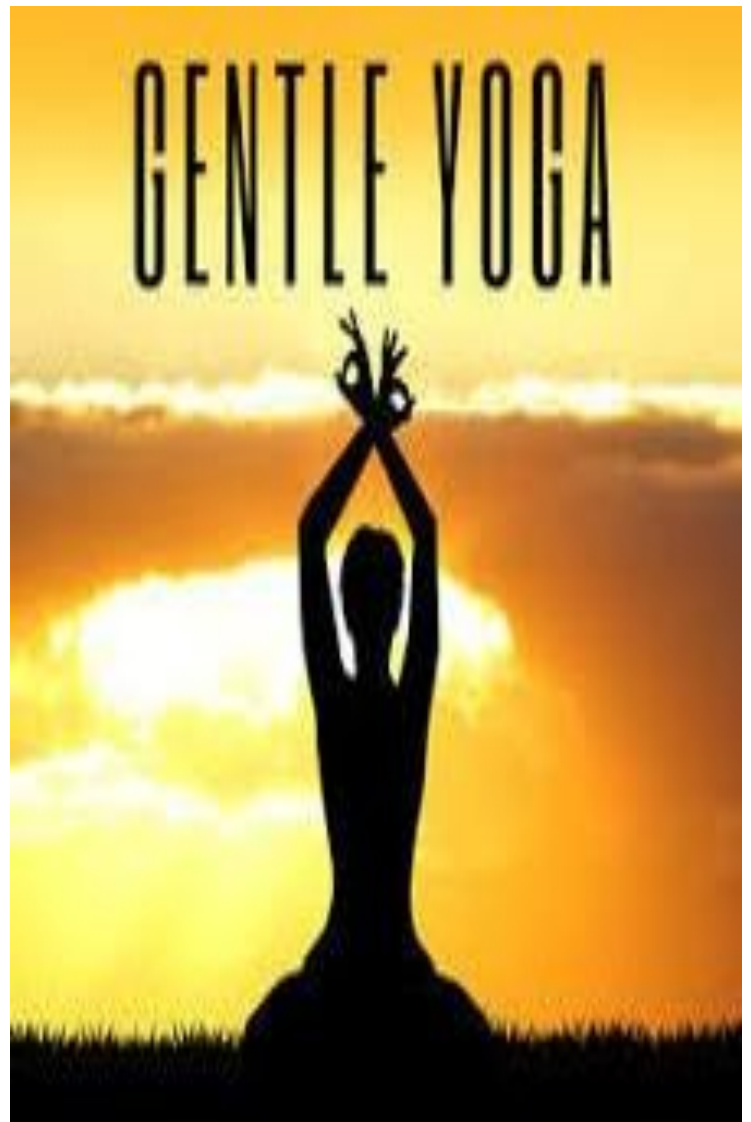


**The Bell Tower Regional
Community Center
22232 El Paseo, RSM
949) 709-7592**

FREE CLASS
Donations are appreciated

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

**Every Thursday
12:45 pm**



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

