

# Gentle Yoga



## What to Bring:

Mat or Towel

## What to Wear:

Comfortable Clothes

**Every Thursday**

**12:45 PM**

**Enjoy the benefits of yoga:**

- ◇ improves energy
- ◇ manage stress
- ◇ reduce insomnia
- ◇ lower blood pressure
- ◇ lessen chronic pain
- ◇ increase flexibility!

**Age Well**<sup>®</sup>  
**Senior Services**

A NONPROFIT SERVING ORANGE COUNTY'S OLDER ADULTS

The Bell Tower Community Center 22232

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