

# Yoga for Mobility

## New Chair-Yoga Class for Beginners



## Sutras Yoga Anchor Bay Wheelchair Accessible

4 Sunday Classes from 1-2 PM

No Class Easter Sunday, April 16

**April 2, 9, 23, 30**

\$40 for 4 Sessions

You must sign up for all 4 classes

Spaces limited

Caregivers welcome to assist

Teachers  
Roberta Tewes  
Jacqueline Lappe



For more information  
Call Jacqueline at 884-9422  
Or email [jackie@mcn.org](mailto:jackie@mcn.org)

