

Chair Yoga: Summer Schedule 2024

JUNE:

Full schedule

JULY:

No classes

AUGUST:

Full schedule

(excluding Friday August 2nd)

PRE-REGISTRATION FOR CHAIR-YOGA IS REQUIRED DUE TO SPACE LIMITATION

From June 17th to August 26th contact:

Patricia Gomez 760-458-3562 or PatGomez@gmail.com

CLASS COST: \$6.00

Classes are held: 9:30 am Mon | 10:00 am Wed & Fri
at the following location:

**FALLBROOK REGIONAL HEALTH DISTRICT COMMUNITY HEALTH & WELLNESS CENTER
1636 E. Mission Road, Fallbrook, CA 92028**

Chair Yoga Class Description

Traditional yoga poses using the support of the chair, this is a gentle class suitable for anyone who is not comfortable getting up and down from the floor. Enjoy the benefits of enhanced flexibility and coordination and energizing and calming breathing techniques.

FLOURISH YOGA (760) 845-6602

YOGAFALLBROOK.COM