

YOGA CLASS SCHEDULE

Mat Yoga

SAGE YOGA STUDIOS, 5256 S. Mission Road #707, Bonsall, CA 92003

Tues/Thurs 10:30am - 11:30am Chill Flow (All levels)
760.295.0895 (new student special \$54/1 month unlimited classes)

Chair Yoga

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

Monday 9:30 - 10:30 am with Patricia
Wed/Fri 10:00 am - 11:00 am with Sandra

\$6 PER CLASS | \$50/10 CLASSES PRE-PAID

Cash, Zelle or Cheque (made payable to Flourish Yoga)
10-Pack good for 3 months from date of issue

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

**Contact: Sandra Buckingham Text 760-845-6602
or email:flourishyoga@roadrunner.com**

Chill Flow Class Description

Suitable for all levels. Strengthen, balance & relax with smooth transitions and a steady pace, linking breath & movement to deepen and lengthen with ease & mindfulness, emphasizing good posture & alignment. Options are given to increase sensation & intensity.

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