



Gentle Yoga for Overall Health

Do you want to try yoga but think its only for the young and flexible? Want to work on your posture, improve your balance and lower your stress level? Then this class is for you!

Join instructor Meghan Bass-Petti to learn:

- Foundational yoga postures
- Yoga class etiquette
- Introduction to guided meditation

Questions? Contact
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Where: Presbyterian Community Health Resource Center
1301 Wyoming Blvd NE
Albuquerque, NM 87112

Dates: January 7 and 28, 2020
February 4 and 18, 2020
March 17 and 31, 2020
April 7 and 28, 2020

To Attend Class:
Register by calling
Wellness Referral Center
at (505) 445-5332

Time: 12 p.m. to 1 p.m.