



Low-Impact Yoga

Friday, March 1, 8, 15, 22, 29

Every Friday • 10:45 am • Multipurpose Room

Each class includes breathing practices (pranayama), postures rooted in functional movement (asana), and relaxation (savasana). All movements and exercises aim to strengthen the body and mind. These classes are open to all ages, all levels. Classes are low impact, combining both chair and standing postures.

No mat required.

Breathing
Posture &
Relaxation



Skyline Hills Branch Library

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