



Low-Impact Yoga

Friday, March 7, 2025

1st Friday of the Month • 10:30 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

7900 Paradise Valley Rd. San Diego, CA • 619-527-3485

<https://www.facebook.com/skylinehillslibrary/>

