



Senior Yoga Class

NEW! Senior Yoga Classes in collaboration with Prana Yoga Center will be held weekly in our La Jolla office!

Space tends to run out so RSVP!

Join us every **Thursday** from 10:30am to 11:30am
Home Care Assistance, 7521 Fay Ave, La Jolla, CA 92037 (Street parking available)

Introducing **Senior Yoga!** Senior Yoga is a modified form of yoga based on the most current geriatric science and research.

- Beginner and experienced yogis welcomed!
- Come every week or just stop by and try a class.

Be one of the 20 million people that practice yoga in America today. We will meditate and perform physical postures that stretch and strengthen with an emphasis on breath and balance. Home Care Assistance is proud to be a part of this revolutionary approach to senior health.



***Class taught by certified Prana Yoga Center instructor,
Shauna MacKay, BPE, RYT-500!***



Questions?
Contact: 858-812-1346
www.Prana-Yoga.com
www.HomeCareAssistance.com

