

Claude Pepper Senior Citizen Center

1762 S. La Cienega Blvd, Los Angeles, CA 90035

(310) 559-9677



YOGA!



with Tim Healey

Tuesday 1:00pm to 2:30pm

Yoga (with mats on the floor)

Wednesday 11:45am to 1:00pm

Chair Yoga (all seated, some standing)

Thursday 9:30 am to 11:00am

Yoga (with mats on the floor)

\$5 per class

Classes are for any age or physical condition.

We enjoy ourselves in poses, extending our breath and moving from what's best for each individual body, modified as needed with chairs, blocks, walls or straps. We work to build better posture, balance and strength in walking, standing or sitting.

Stabilizing our bodies while settling our hearts & minds.