



Seated Yoga

Want to try yoga, but don't have a mat or can't get on the ground? Attend this workshop to learn different types of seated yoga poses you can do anywhere with a chair! Discover the benefits of seated yoga and how it can help you relax, stay fit and make you feel better all around.

July 27, 2016

9:00am – 10:00am

**Santa Rosa Library
1075 S. 10th Ave.**

Presented by Kimi



Sign up with Kaitlyn Sparks to save your seat, 520-594-5639
Kaitlyn.sparks@pima.gov
Walk-Ins Welcome