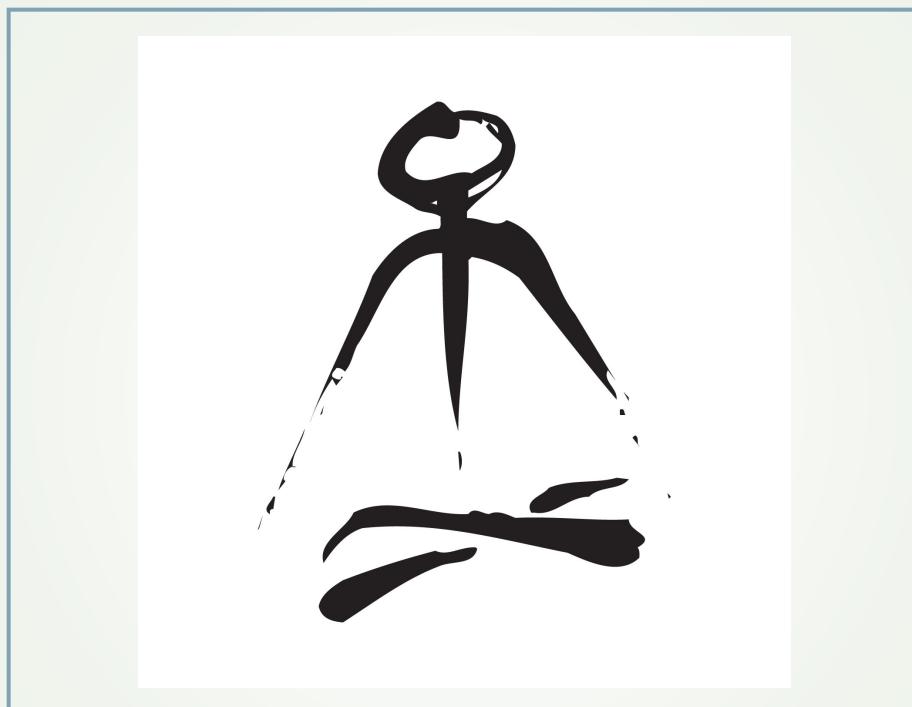


New Class at Sacramento Yoga Center

ACTIVE CHAIR YOGA

JULY 10 – AUGUST 30, TUESDAY & THURSDAY, 1:30 – 2:30PM



Join Alicia Patrice for a creative and energizing chair practice!

Using a chair to support the body when needed, we'll explore the unlimited realm of possibilities for yoga off the floor. This class is designed for anyone and will include more active standing poses, as well as modifications for using a chair. Not only gentle, but strengthening too!

8 classes for \$80 or \$12 drop-in

2791 24th Street, inside Sierra 2

alicia.k.patrice@gmail.com or 916-548-7221