

# Chair Yoga

Las Palmas Park

2023

**STARTING IN FEBRUARY**

**EVERY FRIDAY**

**9AM - 10AM**

**\$30/MONTH**

## Benefits of Yoga

- Increased mobility & flexibility
- Improved mental health
- Reduced stiffness & stress



**REGISTER ONLINE AT  
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**818-898-7340**

THE CITY OF  
**SAN FERNANDO**