



**Somers Point's**  
**Beginner Yoga for Seniors**  
**Relaxed Gentle Flow**

**1 Hour Class**

*Classes will focus on Yoga Poses linking Movement with Breath, increasing strength, and flexibility. Time will be spent on the mat in seated, kneeling and standing poses.*

**Tuesdays – June 18<sup>th</sup> to July 23<sup>rd</sup>**

Arrive by 9:45 AM

Doors will Close and Class will begin promptly at **10:00 AM**

**Somers Point Senior and Community Center**

**22 North Ambler Road**

**\$25 non-refundable fee - Register at**

<https://forms.gle/x2ohCW2wUuYCHjNk7>

**Email [dshallcross@spgov.org](mailto:dshallcross@spgov.org) or call 609 833 5428**

**Maximum Space for 20 – Somers Point Residency Encouraged**

**Bring your mat and your breath.**

*(A limited number of mats will be available for those that don't have their own)*

**Maureen Helbig**  
**Certified Yoga Instructor**

