

CHAIR YOGA

This class helps you develop a strong and flexible spine, feel ease in your joints, and be steady in your balance. Get fit while you sit! Join this peaceful hour of breathing exercises, stretching, and meditation. Instructed by Mike Manfredo.



Mondays, 11AM-12PM
March 2 - 23
April 6 - 27
May 4 - 18
Malibu Senior Center
\$5 per class

Wednesdays, 2:30-3:30PM
March 4 - 18
April 1 - 29
May 6 - 27
Malibu Senior Center
\$5 per class

