

GENTLE YOGA FOR STRENGTH

Thursdays 9 AM

FREE for
60+ yrs.

**Drop-ins
Welcome**

\$2

**Chair use
optional**

**Donation
Suggested
for others**



This class is perfect for beginners or experienced. You'll learn standing and seated poses, supported by chairs, or you can use your mat, that allow you to relax, stretch and build strength. Yoga aims to help one feel mental, and emotional relaxation, reduce stress, release serotonin, improve flexibility, reduce pain, and more. 60 min. class. Wear layers. Bring mat and water.

Classes offered by The Greenhouse Project in Nay Aug Park
at the James Barrett McNulty Greenhouse
200 Arthur Avenue Scranton, PA. Info: greenhouseprojectoffice@gmail.com

Sponsored by Area Agency on Aging and The Greenhouse Project



Lackawanna
County
COUNTY COMMISSIONERS
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