

Come for lunch, stay for yoga.



Gentle chair yoga is for everyone.

Join one of our senior teachers and experience moving, stretching, breathing, relaxing and hopefully some smiling and laughing!

Right after lunch (12:30 pm) at Meadows Park Community Center.

Classes are FREE and about 40 minutes long.

Thurs, Aug 26 • Tues, Sept 14 • Thurs, Sept 23

Meadows Park Community Center • 1943 S El Paso Ave, Colorado Springs, CO 80905



Classes are offered by Meadows Park Community Center and Peaceful Warriors, a nonprofit bringing yoga to diverse populations in the Pikes Peak region.

