

Chair Yoga

Thursdays

2012

11:00 am - 12:00 pm

Join us for an hour of exercise, relaxation
and socializing!

Yoga Vista Studio

with Paula Montalvo

Jan 12 & 26

Feb 9 & 23

Mar 8, 22 & 29

Apr 12 & 26

May 10, 24 & 31

Jun 14 & 28

Only \$5!

Vista Library

with Sherry Zak Morris

Jan 5 & 19

Feb 2 & 16

Mar 1 & 15

Apr 5 & 12

May 3 & 17

Jun 7 & 21

FREE at the Library!

Gentle Therapeutic Yoga Classes

Tues - 12:30 - Justine

Wed - 10:30 - Benita

Thur - 6:00 pm - Justine



The Yoga Vista Studio

319 E. Broadway Avenue
Vista, CA 92084

At the corner of Broadway
and Indiana in downtown Vista