Inclusive Yoga for All Abilities

Join Jessica Parsons and friends in this fully inclusive class where everyone is welcome. This is a fun class where people of all ages and abilities can use yoga as a way to become stronger, more flexible, develop core strength, and improve overall health.

Fee: $33 / $30 (for City residents) per session
OR $8 drop-in fee per class

22383: 1/3/17 – 2/7/17 Tuesdays from 4:00-5:00pm

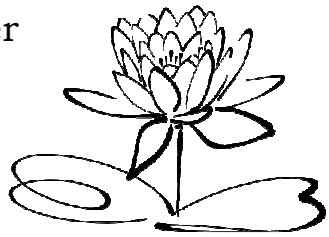
22387: 1/5/17 – 2/9/17 Thursdays from 11:00am-12:00pm

22384: 2/14/17 – 3/21/17 Tuesdays from 4:00-5:00pm

22388: 2/16/17 – 3/23/17 Thursdays from 11:00am-12:00pm

All classes are located at the Carrillo Recreation Center
100 E. Carrillo, Santa Barbara, CA 93101

For more information call **(805) 564-5421**



CITY OF SANTA BARBARA
Parks&Recreation
Enriching People's Lives