

Yoga With Becki

Becki Riberich, RYT, CPT

Friday 10 am – 11 am

Cost \$2.00 Per Class

Chair Yoga Class

is a FUN Class!!

But we do target flexibility, range of motion, balance, posture, core strength, muscular endurance, stress reduction, relaxation and mind-body connection.

Phew!!! (And other benefits may be: bone strength, decreased back pain, improved digestion, improved circulation, strengthened immune system, improved sleep, greater body awareness, and elevated mood!!)

Yoga is for Everybody and Every Body

Come and join us at

Turtle Creek Senior Center

519 Penn Avenue 412-824-6880

If you can breathe... you can do YOGA!

