

# *Gentle Mat Yoga*

**Tuesdays**

Learn a gentle form of yoga with modified movements and proper breathing techniques. Bring your own yoga mat.

**Session 1, 9 - 10 a.m.**

**Session 2, 10:15 - 11:15 a.m.**

**September 26 - October 31**

# *Chair Yoga*

**Fridays**

A modified form of yoga, using exercise principles of traditional yoga to increase participants health and fitness by replacing a floor mat with a chair.

**Session 1, 9 - 10 a.m.**

**Session 2, 10:15 - 11:15 a.m.**

**September 22 - October 27**

**6-week Session - \$42/Bloomington resident • \$54/non-resident**  
**Drop-in (when space allows) - \$11/Bloomington resident • \$13/non-resident**  
**Cancellation policy applies.**

## **For more information and/or registration:**

**Creekside Community Center • 9801 Penn Ave. S. • Bloomington, MN 55431 • 952-563-4944, MN Relay 711**

The City of Bloomington does not discriminate against or deny the benefits of its services, programs, or activities to a qualified person because of a disability. To make a request for a reasonable accommodation, ask for more information, or to file a complaint, contact the Community Outreach and Engagement Division, City of Bloomington, 1800 West Old Shakopee Road, Bloomington, MN 55431-3027; 952-563-8733, MN Relay 711.

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