



Free Come and Heal Yourself

Refresh, Revive, Rejuvenate

Deep Relaxation	Mon	6:30 - 8:15 pm	Redlands Senior Center
Qigong	Tues	10:00 - 11:30 am	Prospect Park Carriage House
Yoga for the back	Wed	3:00 - 4:30 pm	Joslyn Senior Center
Yoga Intermediate	Wed	7:30 - 9:00 pm	Redlands Community Center
Meditation	Thurs	6:30 - 7:30 pm	University, Meditation Room, Larsen Hall
Qigong	Fri	10:00 - 11:30 am	Prospect Park Carriage House
Yoga Retreat	Sat	12:00 - 3:00 pm	Redlands Community Center

Bring your yoga mat to :

- Deep Relaxation
- Yoga for the Back
- Yoga Intermediate
- Yoga Retreat



For more information please visit the
Redlands Senior Center @ 111 W. Lugonia Ave. or Call (909)798-7579