

Got a little extra time on your hands?

**Get your walking shoes and some comfy clothes and join us for “Yoga for Seniors”**

We will also be adding an Easy 1 mile walk

You work at your own pace and build up strength all at one time.



**May brings us to our next exciting level,**

**Yoga for Seniors!**

**With an easy 1 mile walk if you feel up to it!**

**Yoga is the perfect way to help us remain active as we age.**

**These movements are designed to increase strength and flexibility,**

 **improve posture and balance,**

**and help you feel both more relaxed and energetic.**

**This yoga is mostly done seated in a chair.**

**Come join us!**

**Muleshoe Area Public Library**

**322 West 2nd**

**Muleshoe, TX 79347**

**806-272-4707**

 **Dates:**

**May 6, 13, 20 & 27**

**2019**

**Time: 10:00am – 11:00am**

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