

Hatha Yoga Class

Yoga practice enhances health and well-being. This class includes active and passive movements which are specially adapted to older adults. Movements include relaxation while stretching, strengthening by holding weight-bearing poses when applicable, breathing awareness, working together in rhythm, repetition to promote skill building, fitness, strength, and relaxation beneficial to older adults. This class is provided by the North Orange County Community College.

Tuesdays: 10:00 am – 12:00 pm

Downtown Community Center / Anaheim Senior Center

250 E. Center St., Anaheim, CA 92805

(714) 765-4510

