

# CHAIR YOGA

**Make daily living easier**

- **Strengthen your core**
- **Unlock tight hips & shoulders**
- **Tone muscles in arms & legs**
- **Improve circulation & breathing**



*with Rosie Gonzalez*  
*Certified Yoga Instructor*

**Beginning May 14th**  
**WEDNESDAYS**  
**10:30 - 11:30 am**



**OPEN SPACES YOGA CENTER**

476 W. White Mtn. Blvd. , Lakeside, AZ 85929

(Across from Zeke's )

[www.openspacesyoga.com](http://www.openspacesyoga.com)

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