

# YOGA CLASS SCHEDULE

## Mat Yoga

**SAGE YOGA STUDIOS, 5256 S. Mission Road #707, Bonsall, CA 92003**

Tues/Thurs 10:30am - 11:30am Chill Flow (All levels)  
760.295.0895 (new student special \$54/1 month unlimited classes)

## Chair Yoga

**FALLBROOK REGIONAL HEALTH DISTRICT COMMUNITY HEALTH & WELLNESS CENTER  
1636 E. Mission Road, Fallbrook, CA 92028**

Monday 10:00 am - 11:00 am with Patricia  
Wed/Fri 10:00 am - 11:00 am with Sandra

\$6 PER CLASS | \$50/10 CLASSES PRE-PAID

Cash or Cheque (made payable to Flourish Yoga)  
**10-Pack good for 3 months from date of issue**

**PRE-REGISTRATION FOR CHAIR-YOGA IS REQUIRED DUE TO SPACE LIMITATION**

**Contact: Sandra Buckingham Text 760-845-6602  
or email: [flourishyoga@roadrunner.com](mailto:flourishyoga@roadrunner.com)**

---

### Chill Flow Class Description

Suitable for all levels. Strengthen, balance & relax with smooth transitions and a steady pace, linking breath & movement to deepen and lengthen with ease & mindfulness, emphasizing good posture & alignment. Options are given to increase sensation & intensity.

### Chair Yoga Class Description

Traditional yoga poses using the support of the chair, this is a gentle class suitable for anyone who is not comfortable getting up and down from the floor. Enjoy the benefits of enhanced flexibility and coordination and energizing and calming breathing techniques.

FLOURISH YOGA (760) 845-6602

YOGAFALLBROOK.COM