

# Senior YOGA for all ages...

Unseat your potential with CHAIR yoga.



Calm and  
relaxed

A fresh  
breath for  
life that  
energizes  
the future

Stretch

Open Focus

Meditation

**Acb"/ 'K YX" 1%( ) Ua '!%'&' \$da**

**Laguna Madre Yoga, Meditation & Dance Center**  
**5009 Padre Blvd. Suite #10, South Padre Island**  
**956-761-9642**