

Gentle Mat Yoga At the North Cambridge Senior Center



**Mondays 3:30pm-4:30pm
in-person at the NCSC**

**Thursdays 3:00pm-4:15pm
via Zoom**

In this gentle one-hour class, we practice the basic elements of Yoga. Including standing, seated, and lying down postures.

This class is appropriate for adults who are comfortable moving from floor to standing with minimal support. Modifications are offered to meet the needs of all participants.

Ages 60+



**North Cambridge Senior Center
2050 Massachusetts Avenue
Cambridge, MA 02140
617-349-6220**

<http://www.cambridgema.gov/DHSP/COA>
<https://www.finditcambridge.org/>

