

**NEW
4-WEEK SERIES!**

Acu-Yoga

A gentle yoga accessing acupressure points during poses that are known to relieve stress, tension and chronic muscle pain.

MONDAYS
NOV 18 & 25
DEC 2 & 9
12:15-1:15PM

Classes are held in BORP's
Fitness Center at
Ed Roberts Campus
3075 Adeline St Suite 150
Berkeley
\$11/class \$8 for seniors 55+

www.borp.org



ariel@borp.org



510/ 225-7039



