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International Yoga Day

Calendar Date:

Thursday, June 20, 2024 - 1:00pm

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Join the Adult 50+ Program for a celebration of yoga! The gathering will feature Adult 50+ Program's volunteer instructor Vijay Dhir leading age-friendly yoga demonstrations, presentation & discussion, and a general celebration of the yoga lifestyle! Vijay will emphasize simple seated (chair yoga) adaptations to make yoga more age-friendly & inclusive!

Date: 6/20

Day: Thursday

Time: 1:00 - 2:00 PM

Location: Grand Oak - Los Altos Community Center

Source URL: <https://www.losaltosca.gov/parksrec/page/international-yoga-day>.

Links

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