

# BEGINNING JULY 7TH

AT THE GATHERING PLACE

## LUMMI ISLAND HEALTH & WELLNESS CENTER

WELLNESS YOGA



**Wellness Yoga - Tuesdays 9–10:30 AM - Starts 7/8**  
With Constance Drake, blends gentle yoga poses, mindful movement, and breathwork to nurture body and mind. Suitable for all levels. Increase flexibility, reduce stress, and promote overall well-being. Join us for a supportive, relaxing start to your week.

### Tai Chi - Wednesdays 9–10 AM - Starts 7/9

Taught by Randy Smith, Experience the graceful, flowing movements of Tai Chi to improve your balance, strength, and relaxation. This ancient practice is excellent for reducing stress and enhancing mental clarity. All ages and abilities are welcome—no prior experience needed.



CHAIR YOGA



### Chair Yoga - Thursdays 10–11 AM - Starts 7/10

Taught by Jennifer Martin Chair Yoga offers a gentle approach with all poses done sitting in or using a chair, making it ideal for those with limited mobility. Classes feature simple stretches, safe support, and relaxation techniques to enhance flexibility, strength, and balance. Suitable for all abilities, including wheelchair users.

### Hatha Yoga - Saturdays 10–11 AM - Starts 7/12

Taught by Jennifer Martin. With guidance, and time to practice each pose at a comfortable pace, explore a balance of warming and grounding postures, gentle balances, and stretches, using props for support when needed. No experience required—everyone is welcome to join and unwind.



Classes by donation

**EMAIL FOR MORE INFORMATION**

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