



**Town of East Hampton
Human Services Department and
Recreation Department**

Wellness 60+

**YOGA... the Balancing Act that Works
with Yogi Jaki Jackson**

FREE for 60+ Community

**Afternoon YOGA -
@ Ashawagh Hall
780 Springs Fireplace Road
Wednesdays at 3:00 PM**



Photography Credit—Judy D'Mello

**YOGA stretches, tones and strengthens your body,
YOGA concentrates, organizes and strengthens your mind,
YOGA can transform your life.**

East Hampton Yoga Instructor Jaki Jackson has been teaching yoga for over 60 years. Jaki believes Yoga is for anybody at any level. Her hope is that her students realize the wonderful nature of the human body, and advises her students to focus on three things: Mind, Body & Breath.

For further information call 631-329-6939