



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

Wellness 60+

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

FREE for the 60+ Community

Chair Yoga—

Mondays & Fridays at 10:00 AM

Floor Yoga—

Wednesdays at 10:00 AM @ the

East Hampton Senior Center

128 Springs Fireplace Road



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