

## **GREATER SAN DIEGO**

**Weds. 10:00 AM**

BRAILLE INSTITUTE \*

4555 Executive Drive

San Diego, CA 92121 858.452.1111

**Vision impaired only - Call to register**

**Tuesday 10:00 AM and Thurs. 9:00 AM**

LA JOLLA COMMUNITY CENTER

6811 La Jolla Boulevard

La Jolla, CA 92037 858.459.0831

**Tuesday 2:00 PM**

GOLDEN HILL SENIOR CENTER

Clubhouse at 26th Street & Russ Blvd

San Diego CA 92102 619.235.1138

**2nd Wednesday of the month 9:15 AM**

SD CENTER FOR THE BLIND \*

5922 El Cajon Boulevard

San Diego, CA 92115 619.583.1542

**Must be enrolled in Life Skills program**

**4th Thursday of the month 9:15 AM**

SD CENTER FOR THE BLIND \*

5922 El Cajon Boulevard

San Diego, CA 92115 619.583.1542

**Must be enrolled in Life Skills program**

**Thursday 12:15 PM**

LINDA VISTA LIBRARY

2160 Ulric Street

San Diego, CA 92111 858.573.1399

**Thursday 11:00 AM and Friday 9:30 AM**

NAVAL MEDICAL CENTER SAN DIEGO

**Valid Military/DOD ID Holder Only**

34800 Bob Wilson Drive

Building 12, 2nd Floor Gym

San Diego, CA 92134 619.532.6528

## **NORTH COUNTY COASTAL**

**Monday 12:45 and 2:00 PM**

ENCINITAS SENIOR CENTER

1140 Oakcrest Park Drive

Encinitas, CA 92024 760.943.2250

**Tuesday 9:30 AM**

RANCHO SANTA FE LIBRARY \*

17040 Avenida de Acacias

Rancho Santa Fe, CA 92067 858-756-2512

**Tuesday 10:00 AM**

TEMPLE SOLEL

3575 Manchester Ave

Cardiff, CA 92007

**Tuesday 1:00 PM**

ENCINITAS LIBRARY \*

540 Cornish Drive

Encinitas, CA 92024 760-753-7376

**Wednesday 1:00 PM**

CARMEL VALLEY LIBRARY \*

3919 Townsgate Drive

San Diego, CA 92130 858.552.1668

**Wednesday 1:30 PM**

ENCINITAS LIBRARY

540 Cornish Drive

Encinitas, CA 92024 760-753-7376

**Thursday 9:30 AM**

RANCHO SANTA FE LIBRARY \*

17040 Avenida de Acacias

Rancho Santa Fe, CA 92067 858-756-2512

**Friday 10:00 AM**

ST. PETER'S CHURCH

334 Fourteenth Street

Del Mar, CA 92014 858.755-1616

**Friday 10:00 AM**

SAN DIEGUITO UNITED

METHODIST CHURCH \*

170 Calle Magdalena

Encinitas, CA 92024 760-753-6582

## **NORTH COUNTY INLAND**

**Alternating Thursday 2:15PM**

SD CENTER FOR THE BLIND – VISTA \*

1385 Bonair Rd

Vista, CA 92084 760.758.5956

**Vision impaired only - Call to register**

**Wednesday 3:00 PM**

SCRIPPS MIRAMAR RANCH LIBRARY

10301 Scripps Lake Drive

San Diego, CA 92131 858.538.8158

**Friday 9:30 AM**

POWAY SENIOR CENTER

13094 Civic Center Drive

Poway, CA 92064 858.748.6094

## **EAST COUNTY San Diego**

**Monday 10:15 AM**

RANCHO SAN DIEGO LIBRARY

11555 Via Rancho San Diego

El Cajon, CA 92019 619.660.5370

**Saturday 8:00 AM**

SDCEA RECREATION CENTER

25386 Pappas Road

Ramona, CA 92065 760.789.4146

**\*Chair with optional standing postures; no mat**

Join our class on TV!

M – F 9:00 AM and 2:00 PM

Time Warner 85; ATT U-verse 99

For a current list check:

[www.silverageyoga.org](http://www.silverageyoga.org) or call

858-693-3110 or 844-234-3110

## **SOUTH BAY**

**Monday 12:00 PM**

BONITA-SUNNYSIDE COUNTY

LIBRARY

4375 Bonita Road

Bonita, CA 91902 619.475.4642

# What is Silver Age Yoga?

It's a style of hatha yoga designed to meet health concerns of older adults. We created a non-profit organization, **Silver Age Yoga Community Outreach**, (SAYCO) so we can fulfill our Mission to:

...offer health-enhancing, life-enriching yoga classes to underserved seniors.

**Help us continue the work.**

## Your Donation supports:

- Our ability to provide Silver Age Yoga Classes
- Supporting our teachers
- General Office expenses
- Administration of our programs, including bookkeeping
- Marketing to keep awareness of SAYCO in front of our valued donors

**Thank you for your support!**

I want to support **Yoga for Seniors**. I am donating:

\$10.00    \$20.00    \$50.00    \$75.00    Other: \$ \_\_\_\_\_

This is a non-directed donation

I would like my donation applied toward a specific location:

Center \_\_\_\_\_

Name: \_\_\_\_\_ Optional: In Memory of: \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Make your tax-deductible check payable to Silver Age Yoga Community Outreach or SAYCO and mail to:  
P.O. Box 160, Del Mar, CA 92014  
Or, you may donate online at [www.silverageyoga.org/donate.htm](http://www.silverageyoga.org/donate.htm)



## **Yoga Classes for Seniors** (Donation-Based)

### Improve your

- Flexibility
- Balance
- Breathing
- Strength
- State of Mind
- Stamina

Our certified Silver Age Yoga instructors teach you safe methods from the ancients combined with the science of today to improve your health!

**We are a 501(c)(3) non-profit.**

For the most current directory check:

[www.silverageyoga.org](http://www.silverageyoga.org)