



CHAIR YOGA FOR SENIORS

FRIDAYS FROM 9:30 –10:30

Experience calmness with us! We begin the practice with body and breath awareness and gradually transition to yoga movements while seated or standing. Wear comfortable clothes and bring a yoga mat and hand towel. Get the wonderful benefits of yoga without moving to the floor!!

Yoga benefits body, mind and soul, as well as decreasing anxiety, restoring balance and helping you get more restful sleep.

Cost is \$5 per class

