



New Class



Chair Yoga for strength and stretch



**January 16 – March 27, 2025
Except Feb 20th**

**Thursday
10:15 – 11:00am**

\$110.00 per person

Chair Yoga is a gentle practice in which postures are performed while seated and/or with the aid of a chair. It is great for beginners or anyone who wants to focus on a gentle practice

The power of gentle movements and deep breathing combine to create an accessible practice that you can do whether you have injuries, sore joints, or want to boost your mobility, strength and balance

Weights are required for a complete practice, as well as instructor will provide additional equipment

