

Summer Chair Yoga

Tuesdays ~ 11:00–11:45

June 10 and June 24
July 8 and July 22
August 12 and 26

Chair yoga is a gentle form of yoga that can help people improve flexibility, strength, and balance.

It's suitable for beginners and advanced yogis, and can be especially beneficial for older adults.

For the summer, Our instructor Debra will be incorporating journaling, breathing and visualization. All Supplies will be provided

For Ages 18+.

