

Heart Opening Chair Yoga

Tuesday, February 10

11:00-11:45

Community Room

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.

Join Yoga instructor, Debra, as we open our hearts for this special Valentine's Day session
All Supplies will be provided.

For Ages 18+.

