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+.



For more information about events at the library, visit our website by scanning the QR code to the right!





