

# Chair Yoga

**Mondays, 10–11 am, Oct. 23—Dec. 18**  
**The Women's Initiative, 1101 East High St., C'ville**

A gentle, therapeutic practice that promotes strength, flexibility, healing and mindful attention.

Participants will have the support of chairs, both for seated postures and

for optional standing postures. All bodies welcome; physical limitations accommodated. No registration required. Facilitated by Katharine Scott Gilliam.



*No session on Nov. 27. Questions? Contact Hilary Steinitz, MSW, at [hsteinitz@thewomensinitiative.org](mailto:hsteinitz@thewomensinitiative.org) or 434.872.0047 ext. 106.*



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