



# Mindful Movement & Chair Yoga

This class is offered to seniors and anyone who may have a more limited range of movement. The use of a chair safely provides increased stability and enhanced balance while experiencing a full range of basic yoga poses.

**When: 5 weeks- Wednesdays, 10:00-11:00 am**

**Dates: July 5, 12, 19, 26, August 2.**

**Teachers: Angela Caplan and Jacki McCausland**

**Use your current class card, purchase a 5-class card- \$50, or come as a drop in- \$12.**

