



# 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: 10 weeks Wednesdays, 10:00-11:00 am**

**Dates: September 6 - November 8**

**Teachers: Angela Caplan and Jacki McCausland**

**Fee: \$100 for 10-weeks. Drop-in: \$12 per class. Unlimited class offers do not apply.**

