



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: Wednesdays, 10:00-11:00 am

10-weeks: March 21 - May 23

Teachers: Jacki McCausland or Ruth Ann Polito

10 weeks: \$100 Drop-in: \$12 per class. Unlimited class cards and offers do not apply.

