



# 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 a.m. through May 23.**

**Teachers: Jacki McCausland or Ruth Ann Polito**

**Fee: \$12 per class. (Unlimited class cards and offers do not apply)**

