

CHAIR YOGA

When: Thursday

Time: 2:00pm - 3:00pm

Where: Library Screening Room

Cost: \$5.00 per session

Registration: Yes, call the library



Join Kripalu certified yoga teacher Marie Kirwan for chair yoga. Gentle chair yoga is good for all ages! The practice consists of simple movements designed to wake up both the small and large joints of the body! Learn breathing and easy mind-calming exercises. For further information, please contact the library.