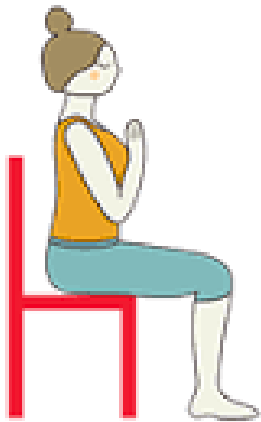


CHAIR YOGA



When: Wednesdays

Time: 2:00pm - 3:00pm

Where: Library Screening Room

Cost: Donation Appreciated

Registration: Required—please call the library

Join Kripalu certified yoga teacher Marie Kirwan & Elaine Dunne 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. This class is made possible by our volunteer instructor. For this reason, future classes will depend on a minimum of three participants.