

THURSDAYS: Each week will build upon the previous one so it is recommended, but not required at all, to register for all 4 weeks.

MAY 8 – BALANCE

MAY 15 - FLEXIBILITY

MAY 29 - STRENGTH

JUNE 5 - WELL-BEING

TIME: 2:00 - 3:00 PM

LOCATION: Clarence Library Meeting Room

INSTRUCTOR: Donna Fairlie, CYT-200, DJ Gentle Yoga LLC

Specializing in the mobility-challenged.

Students have included those with Parkinson's,

Rheumatoid Arthritis, Parapeligia, & Stroke.

No mats required. Chairs are provided. A water bottle is recommended.

Registration begins April 21, 2025.

