

# *Gentle Chair Yoga*



## *for Senior Adults*

No need to get down on the floor to experience  
the wonderful benefits of a yoga practice!

Join us and learn gentle poses that will increase strength and balance, improve flexibility, and reduce stress all while seated or standing with the helpful support of a chair.

**DATES & TIME:** January 8 & 15, 2026 from 2:00-3:00 p.m

**LOCATION:** Clarence Public Library Meeting Room

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

Space is Limited. Registration is required and begins December 11.

Call 716-741-2650 to register.



Clarence Public Library 3 Town Place Clarence NY 14031