

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 enhance strength and balance, improve flexibility, and reduce stress all while seated or standing.

DATES: November 6, 13 & 20 at 2:00 pm



LOCATION: Clarence Public Library Meeting Room

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

Registration is required.

Call 716-741-2650 now to register.

Clarence Public Library 3 Town Place Clarence NY 14031