

# *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:** Thursdays in September – 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>

**TIME:** 2:00 – 3:00 p.m.

**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.