

CHAIR YOGA



Illustration only

Using your chair for seated poses or balancing poses, you can take advantage of the many benefits yoga provides, such as **increased circulation; feelings of well-being; and decreases in blood pressure, anxiety, inflammation, and chronic pain.**

Relaxing music

Great leader

Super stretching exercise

Easy way to meet new friends

No equipment to buy

MONDAY 2-3 P.M.

Call or text 765-662-2553 for more information