

CHAIR YOGA PRACTICE!

FREE CLASS!!



Practice in Person Self-Care, and Body Acceptance!

Benefits of Yoga Include:

- Reduced Stress
- Reduced Anxiety
- Greater Flexibility and Movement
- Better Sleep

FREE CLASS!!



Where: South Branch Library

1929 S. Third, Memphis TN
38109

WHEN: June 11, 2022

TIME: 11:00 AM

True Bliss Television, LLC