

Chair Yoga

Chair Yoga is an easier and relaxing form of yoga. It is a gentle form of yoga that is practiced sitting on a chair, or standing and using a chair for support. This type of yoga is perfect for all levels of experience.

Wednesdays and Fridays at 10:00 AM

Room 214

**Charles N. Enes Community Center
150 Nevers Road, South Windsor**

Register in the Human Services Office
Any questions, Please Call.
(860) 648-6361