

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.

Tuesdays & Wednesdays at 11:00 AM

Room 207

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

8 Weeks for \$40

Register in the Human Services Office
Any questions, Please Call.
(860) 648-6398