

CHAIR YOGA FOR LUNCH!



The Best Lunch In town!

Chair Yoga Every Wednesday

12:15pm - 1pm

with Stacie Dooreck, Certified Yoga Instructor,
Author & Creator of Chair Yoga Training Program

Great class for every body!

- This class is great for everyone and is done in chairs seated or standing.
- No experience necessary. Wear work clothes or anything you choose.
- Learn yoga exercises, yoga poses, guided relaxation and breathing
- Yoga improves balance, strength, flexibility and concentration.
- Safe and modified for all ages, conditions and injuries.
- Learn how to keep the body and mind healthy at lunch hour!

Yoga in a chair or standing. Come try it!

Class is ongoing. Join in anytime!

Fee for 4x Class Card \$32. Card Expires in 6 weeks. Drop-In \$10

Contact Stacie at
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