



## **SENIOR CITIZEN** **CHAIR YOGA**

### **WHO:**

**Senior Citizens, Ages 62+**

### **WHEN:**

**Wednesday Mornings**  
**April 2<sup>nd</sup>-May 7<sup>th</sup>**

### **TIME:**

**9:30-10:30am**

### **WHERE:**

**South End Fire House**  
**154 Pompton Ave (rear)**

### **PRICE:**

**\$30.00/person**

*Join instructor, Lisa Kauffman, in a 6-week program modified to help with flexibility, strength, balance, relaxation and mental health. Chair yoga is a form of yoga that allows people to practice yoga poses while seated in a chair or with the support of a chair. It's a gentle and accessible way for people with limited mobility or balance to experience the benefits of yoga.*