

CURIOUS ABOUT CHAIR YOGA?



GIVE IT A GO!

**FALL 2026
SESSIONS**

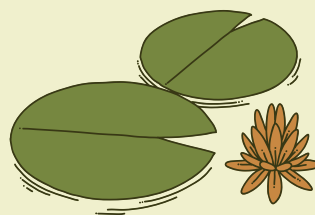
SEPTEMBER: 9 - 16 - 23 - 30 (4 classes, \$60)

OCTOBER: 7 - 14 - 21 - 28 (4 classes, \$60)

Sessions paid in full at 1st class; drop-ins welcome as space allows.

WEDNESDAYS

10 - 11AM



Sloan Clubhouse – Exercise Room
Bring a mat & dress comfortably.

Reserve your chair by emailing:
brendam.1972@gmail.com