

## **Gentle Senior Chair Yoga with Suzanne**

(Certified 500 Hour Yoga Instructor & Retired CSA Member)

**Wednesdays 10:00-11:00AM**

Enjoy gentle stretches and yoga poses using a chair to help improve your flexibility, strength and balance.



**Topic: Chair Yoga – Wednesdays – September 14<sup>th</sup> – January 4<sup>th</sup>**

**PLEASE NOTE: No Chair Yoga on September 28, October 5, December 21 & 28**

Join Zoom Meeting:

<https://us02web.zoom.us/j/81670066453?pwd=b1NsQTRyUEtBeU52dm9YMitlcm81QT09>

Meeting ID: 816 7006 6453

Passcode: 200155