

Chair Yoga

Join us for a 45-minute session focusing on stretching, joint release and range-of-motion. While in chairs, students learn to find stability, alignment & integrity for stretches and safe movement for the entire body. Adults.



Approachable for All Bodies

Tuesday January 21st 1:30

Tuesday January 28th 1:30

Sherwood Regional Library

2501 Sherwood Hall Lane
Alexandria, VA 22306

Co-Sponsored by the Friends of Sherwood Library

www.fairfaxcounty.gov/library