



Chair Yoga

Wednesdays at 1:00 - 1:45 pm

July 6, 13, 20 and 27

August 3, 10, 17, 24, 31

Conquer stress and fatigue, and finish your day with renewed energy and focus with a gentle yet invigorating session of chair yoga with Nora LeMorin. No need to change clothing or lie on a mat. Free.

Space is limited; first come-first-served.

