



New Rochelle
Public Library
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Chair Yoga

Mondays 12:30 - 1:30 pm

July 8, 15, 22, 29

August 5, 12, 19 ,26

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

Space is limited; first come-first-served.



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