



Chair Yoga

**Mondays at
12:30 - 1:30 pm**

September 12, 19, 26
October 3, 17, 24, 31
November 7, 14, 21, 28
December 5, 12, 19

**Wednesdays at
1:00 - 2:00 pm**

September 14, 21, 28
October 5, 12, 19, 26
November 2, 9, 16, 23, 30
December 7, 14, 21

Conquer stress and fatigue, and bring renewed energy and focus to your day 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.

Monday Instructor: Mildred Gladwin has been practicing and teaching Yoga since 1986. She has taught locally at A Dance Studio in Larchmont and Ballet Arts in Pelham. Mildred also brought yoga classes to the City of Mt. Vernon, where she taught for over 20 years. She currently teaches yoga for the United Federation of Teachers Retiree Center in the Bronx.

Wednesday Instructor: Erica Itzkowitz has been practicing and teaching yoga for over 35 years. She has taught at numerous institutions including SUNY Purchase, Barnard College, the New Rochelle YWCA, and JCC of Mid-Westchester. She was also a teaching artist with Arts Westchester and has taught all over Westchester and in the New Rochelle public schools for over 30 years.

