

# Chair Yoga

## **Mondays**

**12:30 - 1:30 pm**

April 7, 21, 28

May 5, 12, 19

June 2, 9, 16, 23

## **Wednesdays**

**1:00 - 2:00 pm**

April 2, 9, 23, 30

May 7, 14, 21, 28

June 4, 11, 18, 25

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.***



@nrpubliclibrary