



New Rochelle
Public Library
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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.



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