



Chair Yoga is a gentle form of Yoga that almost anyone can practice.

Learn Yoga postures, breathing techniques, meditation, and stage-by-stage relaxation, with the aid of a chair.

Complicated maneuvers are not necessary. The chair helps with balancing poses, and most common Yoga postures can be modified for the chair. Within this type of Yoga class, you can cover various postures.

Chair Yoga is not for seniors only. The physically handicapped have no age boundaries, and they, too, can benefit from gentle yoga.

TUESDAYS

10 a.m. ~ 11 a.m.

BUTTONWOOD CENTER

1 Oneida Street

New Bedford, MA 02740

508.991.6170

\$3 per class