

# CHAIR

## YOGA

Chair Yoga is a gentle, supportive practice done seated or using a chair for balance. Through slow movements and mindful breathing, it helps ease tension, improve flexibility, and promote relaxation. Suitable for all abilities, this class offers a peaceful way to move, rest, and reconnect with your body. No experience needed.



**INSTRUCTOR: JESSIE GARCES**

**WEDNESDAYS**  
**5:30PM-6:30PM**



**PRICING:**  
**6 Class Pack:**  
**\$55**

**Drop in:**  
**\$10**