



## *Weekly Gentle Chair Yoga Class*

*Starting March 8, 2023*

*Wednesdays 1:00 – 2:00 P.M. in Schaubroeck Hall*

*This chair based gentle yoga is for all ages and abilities. We will focus on stretching, balance and breathing. The class will include both seated or standing poses using the chair for support as you move at your own pace.*

*Yoga has been found to increase flexibility, general well being and help with stress.*

*The only requirements are comfortable clothing that allows for a range of motion, a willingness to try something new and a sense of humor.*

Led by Tahnyana Maguire



To reserve your seat or for more info please contact  
Tahnyana Maguire at (732) 910-4902