

The Yancey County Library presents:



Chair Yoga

with Margo Rossi

M.Ac., Mindfulness and Movement Educator

This mindfulness-based movement is a great way to increase strength and flexibility of both mind and body.

Chair yoga is beneficial for those who have limited mobility or balance, as well as those who want to learn a fitness and mindfulness practice they can use while seated. Participants will be sitting and standing, using the chair for stability and support.

When: Tuesday's starting

April 9th- May 21st from 5:15-6:15 pm

No class Tuesday, April 23rd

Appropriate for any level of movement experience. Please bring a cushion if you need more support.

Space is limited please sign up by
Friday, April 5th

