



Chair Yoga

8 WEEK SESSION

MAY 1ST - JUNE 26TH

(NO CLASS ON 5/29)

MONDAY AFTERNOONS

FROM 1:30 PM - 2:30 PM

COST - \$70



Learn to relax and gain inner strength through the efforts of yoga. Yoga promotes balance, strength, flexibility and relaxation through various postures & breathing techniques.

Chair Yoga can be practiced by anyone who wants to enjoy the benefits of yoga and may (or may not) have mobility limitations.

Sign up on Community Pass or stop by the Youth Center

<https://register.communitypass.net/wall>

**Wall Youth Center &
Community Services
1824 South M Street
Wall, NJ 07719
732-681-1375**

Wall Township Residents Only



Fee is non-refundable unless program is cancelled by the Youth Center