



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

New Class
in December

CHAIR YOGA AND REFLECTION



Mondays
12–12:45 pm
in Studio A

Chair Yoga and Reflection: This class will consist of traditional Yoga poses performed seated. These exercises offer physical and mental health benefits. The class will also devote some time to pause, breath and reflect within ourselves.

First class will be on Monday, December 8 at 12noon