



# Chair Yoga



**6 WEEK SESSION**  
**SEPTEMBER 11TH - OCTOBER 23RD**  
**MONDAY AFTERNOONS**  
**FROM 1:30 PM - 2:30 PM**  
**COST - \$50**  
**NO CLASS ON OCTOBER 9TH**



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**  
**(Listed under Wall Youth Center Activities 2023)**

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

Be sure to wear comfortable clothes, sneakers and bring a water bottle



**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