



Chair Yoga



7 WEEK SESSION
OCTOBER 30TH - DECEMBER 18TH
MONDAY AFTERNOONS
FROM 1:30 PM - 2:30 PM
COST - \$55
NO CLASS ON NOVEMBER 6TH



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