

South Plainfield Public Library

Presents

Relax, Tone and Strengthen Your Body with Chair Yoga



This introduction to yoga will include gentle yoga positions that are very basic and suitable for everyone - no previous experience necessary! All the yoga will be done while sitting in a chair or using the chair for support, so there will be no extensive movement

Sessions held on March 23, April 13, June 22 and July 13 at 7pm

*** A YOGA MAT IS REQUIRED SO THAT THE CHAIR DOESN'T SLIDE ON THE FLOOR ***

THIS PROGRAM IS PRESENTED FREE, BUT PRE-REGISTRATION IS REQUIRED

SIGN UP FOR THE MARCH SESSION WILL BEGIN FEBRUARY 27

SIGN UP FOR APRIL SESSION WILL BEGIN WEEK OF MARCH 20

SIGN UP FOR JUNE SESSION WILL BEGIN WEEK OF MAY 30

SIGN UP FOR JULY SESSION WILL BEGIN WEEK OF JUNE 26

To sign up, please call the library at 908-754-7885