

Chair Yoga

Mondays

12:30 - 1:30 pm

September 11, 25*
October 2, 16, 23, 30
November 6, 13, 20, 27
December 4, 11, 18

Wednesdays

1:00 - 2:00 pm

September 6, 13, 27*
October 4, 11, 18, 25
November 1, 8, 15, 29
December 6, 13, 20

****NO CLASSES the week of September 18***

Conquer stress and fatigue, and infuse your day with renewed energy and focus with a gentle yet invigorating session of chair yoga. No need to change clothing or lie on a mat. Free.

Space is limited; first come-first-served.



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