

Chair Yoga



Join Kate Arnold every

Wednesday @ 9:30 AM

In Nisbet Hall

- Please bring a yoga mat if you have one
- Wear comfortable clothing that allows you to move freely (you will be removing your shoes)
- You will be asked to sign a waiver before your first class
- Class cost is \$10
- Consider checking with your doctor prior to your first class
- Questions? Contact Kate at zingagirl61@gmail.com

STRENGTH

STRETCH

RELAX

BREATHE

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