

# VIRTUAL CHAIR YOGA

WEDNESDAYS, JANUARY 5, 12, 19 & 26  
ALL SESSIONS 11 AM - 12 NOON



Chair Yoga is a modified form of yoga that can be done sitting in a chair or standing and using a chair for support. The yoga poses increase flexibility and balance, while reducing pain and stress through breathing and meditation exercises. Instructor Noemi Rais will lead us in virtual Chair Yoga classes at 11:00 AM on the dates listed above. To join, please follow these instructions:

1. [CLICK HERE](#) to go to ZOOM website, WHEN IT IS TIME TO ATTEND
2. Click on “Join a Meeting”
3. Insert meeting ID: 643 511 3843
4. Meeting password: chair

Participants will need a sturdy chair with no arms and are encouraged to have available a long strap or scarf to use for stretches. Classes are approximately one hour. If you have any questions [CLICK HERE](#) to email us.