

# CHAIR YOGA IN PERSON

WEDNESDAYS, MARCH 6, 13, & 27, 2024: 2 - 3 PM



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 Chair Yoga classes at 2:00 PM on the dates listed above and below.

**To join us on the above dates, arrive and be ready to start at 2 PM.**

***Stirling Road Branch Library  
3151 Stirling Road, Hollywood, 33312***

**Classes are approximately one hour. If you have any questions  
[CLICK HERE](#) to email us.**

**Want to practice chair yoga at your leisure? Check out recent sessions:  
[CLICK HERE](#) to view.**