

CHAIR YOGA

IN PERSON

WEDNESDAYS, September 4, 11, 18 & 25, 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? To check out this recent session click here [CLICK HERE](#)

Preregistration is required and starts Aug. 24. [CLICK HERE](#) to register or ask the library staff for assistance. Limited registration on the day of the event is subject to availability. Please go to stirlingfriends.org for more information.