

# CHAIR YOGA IN PERSON

**WEDNESDAYS, October 2, 9, 16, 23 & 30, 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 mediation 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 suggested. [CLICK HERE](#) to register or ask the library staff for assistance. Please go to [stirlingfriends.org](http://stirlingfriends.org) for more information.