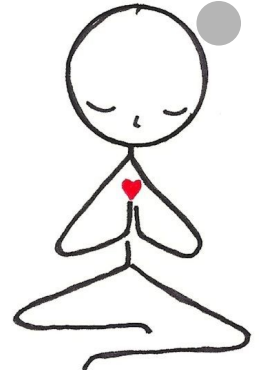


Del's Community Chair Yoga

**Tuesday,
February 4, 2020
at 7pm**



This group has been formed to bring together those who want to connect and move together in a supportive environment. We use chairs to support our foundation so that we can move with ease while enjoying the benefits of the yoga experience. We will work on breathing, strengthening, stretching and just being in the present with awesome people! Please bring an open heart so we can seal our practice with a wonderful shavasana.

Registration is requested. Please call, visit our website, or stop in the library to sign up.

Gather. Learn. Share. Create.



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