

MINDFUL VETERAN P R O J E C T



Join us for one of our fun, easy, gentle Wellness Wednesday sessions

Chair Yoga

Nancy specializes in Yoga for Seniors and those with limited mobility, making her classes a great way to try yoga for the first time while also proving enjoyable for “advanced yogis.”

Wednesday
May 26th, 2021

3:00pm - 4:20pm
(Pacific Daylight Time)

With the aid, comfort, and support of a chair, you'll get a relaxing session of gentle, de-stressing Hatha Yoga without the challenges of getting up from or down onto the floor.

[https://us02web.zoom.us/j/83573864944?
pwd=ZFJvRUJMaGhzbmRzb1QwUEdNQ1ZHQT09](https://us02web.zoom.us/j/83573864944?pwd=ZFJvRUJMaGhzbmRzb1QwUEdNQ1ZHQT09)

meeting ID 835 7386 4944



with
Nancy



818.616.2931
info@mindfulveteranproject.org
www.mindfulveteranproject.org