

MINDFUL VETERAN PROJECT



Join us on “Thanksgiving Eve” for one of our Wellness Wednesday samplings of fun, easy, gentle Wellness Practices

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
November 25th, 2020

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



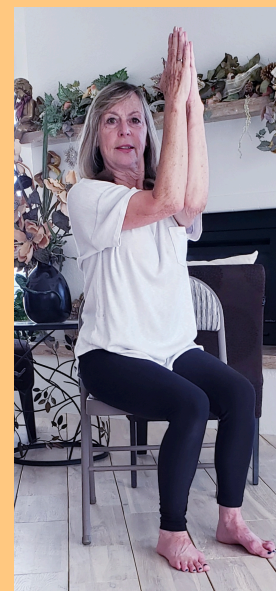
With the aid, comfort, and support of a chair, you'll get a relaxing session of gentle, de-stressing Hatha Yoga without the challenges of getting up from or down onto the floor.

<https://us02web.zoom.us/j/83480497088>

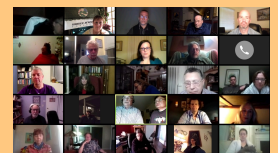


meeting ID 834 8049 7088

Invite visiting relatives to join you in getting stretched out & relaxed and the next day, take those same chairs, push them up to the table, and enjoy your Thanksgiving feast!



with
Nancy



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