

MINDFUL VETERAN PROJECT



Join us 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
September 9th, 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

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with
Nancy



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