

MINDFUL VETERAN PROJECT



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

Gentle 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
February 16th, 2022

2:00pm - 3:10pm
(Pacific Time)

PLEASE NOTE THAT THIS IS 1 HOUR EARLIER THAN MOST WELLNESS WEDNESDAY GROUPS

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

this session will be recorded
no one admitted after 2:04pm

<https://us02web.zoom.us/j/84317632541>

meeting ID 843 1763 2541



with
Nancy



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