

# 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  
August 10<sup>th</sup>, 2022

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

\*NOTE: no one admitted after 3:05pm\*

With the aid, comfort, and support of a chair - best to use a chair without arms & 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.

<https://us02web.zoom.us/j/83573864944?pwd=ZFJvRUJMaGhzbmRzb1QwUEdNQ1ZHQT09>

meeting ID = 835 7386 4944  
password = 081709



with  
Nancy



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