

MINDFUL VETERAN PROJECT



Treat yourself to some Self-Care during the holiday season!



Chair Yoga via Zoom



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
December 8th, 2021

3:00pm - 4:00pm
(Pacific 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>

meeting ID 835 7386 4944



with
Nancy



818.616.2931

info@mindfulveteranproject.org
www.mindfulveteranproject.org