

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
November 15th, 2023

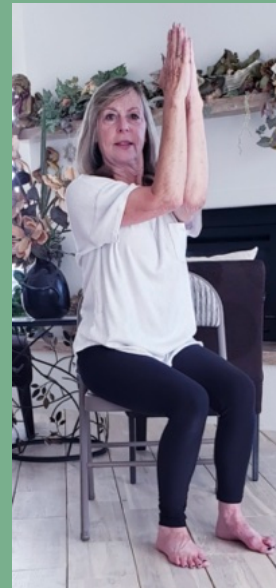
3:00pm - 4:00pm
(Pacific Time)

no one admitted after 3:05pm

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.

<https://us02web.zoom.us/j/85881636397>

meeting ID 858 8163 6397



with
Nancy



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