

# MINDFUL VETERAN PROJECT



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

back by popular demand

## 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  
September 27<sup>th</sup>, 2023

3:00pm - 3:40pm

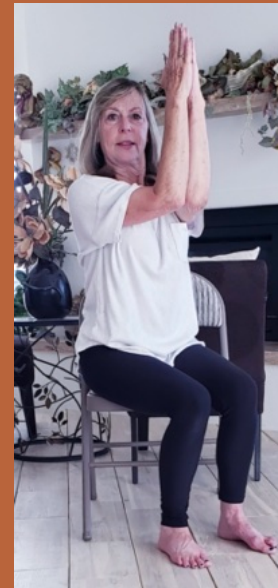
(Pacific Time)

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.

no one admitted after 3:05pm

[https://us04web.zoom.us/j/75606606499?  
pwd=KfEziPqWodYgK27bMNaBaqx1sh3fP2.1](https://us04web.zoom.us/j/75606606499?pwd=KfEziPqWodYgK27bMNaBaqx1sh3fP2.1)

meeting ID 756 0660 6499  
passcode NEB7xE



with  
Nancy



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