



CHAIR YOGA IS BACK AT YHH!

Join YHH for a refreshing weekly chair yoga experience. Chair yoga is great for individuals of all levels of yoga experience including seniors, those with medical conditions that require more stabilization in exercise and movement, those that sit for prolonged periods of time (at an office, for example), and those who travel frequently. It's also a great way to learn to incorporate yoga into your other daily activities!



WEDNESDAYS, 10:30A BEGINNING 10/2/24



YOGA HAPPENS HERE
512 COURT ST. - PEKIN

REGISTER ONLINE AT
www.yogahappenshere.com

