

# YOGA CLASS

With Susan Brown

## EVERY THURSDAY

9:00AM to 10:00AM



This Yoga Class is primarily set up to be done in a chair but may be done on a mat if you prefer. Bring a mat if you like, but it is not required. The benefits of Yoga are many including strength, balance, increased flexibility, reduced stress, improved circulation and stretched muscles. Come and enjoy a great Yoga experience!

2022-03-23