



CHAIR YOGA

AT THE KNIPPENBERG CENTER FOR EDUCATION
LAURELWOOD ARBORETUM

GENTLE CHAIR YOGA

Tara Temple

500 hour Certified Yoga Teacher, 800 hour Yoga Therapist

Mondays I 10:00 am

First session May 20th

Then weekly beginning June 3 - October 28

\$10 Laurelwood Members / \$15 Non Members

Pay at the door

(No registration required)

No experience necessary, wear comfortable clothes, if you have preferred supports such as blocks or straps you may bring them.