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Senior Chair Yoga, Thursday

Date and Time

Monthly on the first Monday at 10:00am for 3 times

Event URL

<https://www.sentara.com/classesevents/events/senior-chair-yoga-630.aspx>

Event Region

Southwest Virginia

Event Type

Class - Workshop

RSVP Info

800-736-8272

Event Cost

\$0.00

Event Description

Senior Chair Yoga class consists of gentle yoga poses while sitting on a chair or standing using a chair for support. No prior yoga experience necessary. Taught by Dori Feldman, Certified Yoga Instructor. Call for information or to register. Free and open to the public. Registration required. Classes generally on every other Mondays and some Thursdays. March schedule is 13, 18 and 21. April Schedule is 1st, 11th and 15th, May schedule is 20th, 27th and 30th. Call for Other months.

Event Image or Sponsor Logo

Image

