Chair 10ga

Tuesdays, April 8, 15, 22 and 29 11:00AM-11:45AM COMMUNITY ROOM

Chair yoga is a gentle form of yoga that can help people improve flexibility, strength, and balance. It's suitable for beginners and advanced yogis, and can be especially beneficial for older adults.

For Ages 18+.



Debra Kunath, New Berlin resident, and certified Chair Yoga instructor, will guide us through 4 weeks of stretching and strengthening!





For more information about events at the library, visit our website by scanning the QR code to the right!



