

# Chair Yoga

**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!**

