

**PRESENTS**

# Chair Yoga

w/ Terrie Hoops

6 Week Session

**Tuesday 9-10 A.M.**

October 12th, 19th, 26th & November 2nd, 9th  
& 16th.

Join in the fun of connecting flexibility, meditation and breathing to unite the body and mind for well being. While stretching is certainly involved, yoga is also about creating balance in the body through developing both strength and flexibility. This is done through the performance of postures, each of which has specific physical benefits. Chair and props will be provided. Renew your mind and restore your body!

**Location: Anti-Gravity Complex**

3207 Carrabassett Valley Drive

**COST: \$12 per class or pay \$60 for 6 week session**

(Please bring cash or check for instructor)

All participants will be required to fill out waiver before class.

Covid protocols will be in place. Masks will be required.

**Space will be limited. Please pre-register by calling the**

**AGC @207-237-5566**

