

Chair Yoga



***“Yoga is a flame when you light it up,
the glow never fades away.”***

Friday, February 14th

1:00pm — 2:00pm

*This is gentle yoga with a chair to support and aid
seated and standing yoga postures.*

Registration Required:

stanfordlibrary@optonline.net or 845-868-1341

Stanford Free Library

6035 Route 82 Stanfordville