



**Weekly Chair Yoga Class @ Shakti Yoga Center
Tuesdays, 4-5pm
Taught by Tara**

***Knee, Hip or Back Issues?
Getting onto the floor and back up from the floor
not for you (or someone you know)?
Don't give up on yourself!
Chair Yoga may be for you!***

**It is never too late to regain your confidence in
your body and yourself!
Get your Life Force flowing!
Beat the Blues!
Learn how to breathe for maximum energy!
Have some fun!**

**\$17: drop in fee
\$130: 10 class card
(cash & checks only)**