



Chair Yoga Fridays with Tara!

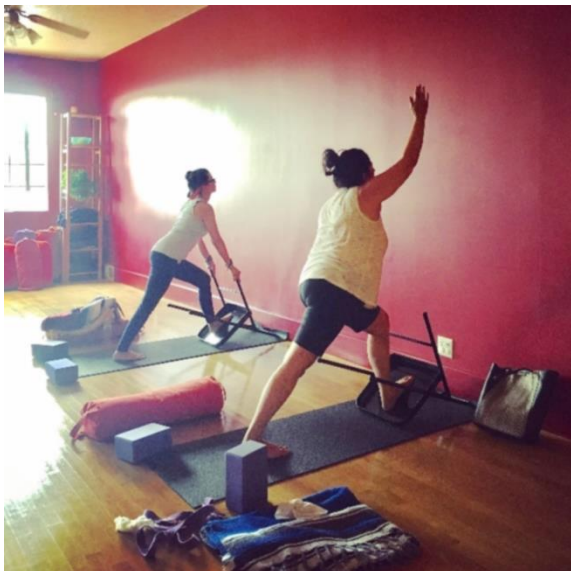
4:30-5:30pm

Knee – Hip – Back – Shoulder

issues keeping you from enjoying all the
benefits of yoga?

Not anymore!

Let Tara restore your body & lighten
your spirit!



Just drop in! No pre-registration required. \$17 drop in fee.
Discounted class cards also available.