



Virtual Chair Yoga



Please note: This information is correct as of January 2024. Times may change, so visit our website at www.cscatlanta.org for the latest information.



These classes are perfect for those who prefer not to get down on the floor, who have difficulty with balance, who have some limitations in strength, or who want to ease in to yoga. The classes are done seated in a chair and using the chair for support during standing poses. Relaxing and restorative! Wear comfortable clothing.

Led by: Bev Stegman, CR, RYT
Every Thursday Virtually
10:00 a.m.-11:00 a.m.

To participate in this class, please register at www.cscatlanta.org/calendar.



Registration
Calendar

This program is made possible through a grant from It's the Journey, Inc. — Georgia 2-Day Walk for Breast Cancer.



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