

Chair Yoga

at Thomas G. Crowder Woodland Center

This dynamic class will increase fitness and be challenging at appropriate levels for ages 50+.

- Use a chair as a prop for yoga stretches
- Strengthen muscles that support joints
- Practice breathe awareness to promote a calm mind and body
- Great for all levels, accessible but challenging

Dates: Tuesdays

Jan. 10 - Feb. 14 #197413

Feb. 28 - Apr. 4 #197414

Apr. 18 - May 23 #197415

Time: 6PM - 7PM

Ages: 50 and up

Cost: \$50 Residents; \$65 Non-residents

Instructor: Tina Stephens



RALEIGH

Parks,
Recreation and
Cultural Resources

parks.raleighnc.gov

Questions?

Call Lake Johnson at
919-233-2121

