

CHAIR Yoga

Gentle movement.
Stronger you.
Better every day.



Chair Yoga is a safe and effective way to improve your balance, strength and flexibility.

♥
All abilities welcome!
♥



IMPROVE
balance &
coordination



BUILD
strength &
flexibility



REDUCE
stress &
tension



BOOST
mood &
energy



CONNECT
with others &
feel supported

SCHEDULE OF CLASSES ♥

	Sep 01 Tue	10am – 10:45am	2009 Botolph Rd, Ste 100 Santa Fe, NM 87505
	Sep 03 Thu	3pm – 3:45pm	2009 Botolph Rd, Ste 100 Santa Fe, NM 87505
	Sep 08 Tue	11am – 11:45am	445 St. Michaels Dr, Santa Fe, NM 87505 (Community Room)
	Sep 22 Tue	10am – 10:45am	2009 Botolph Rd, Ste 100 Santa Fe, NM 87505
	Sep 28 Mon	10:45am – 11:30am	445 St. Michaels Dr, Santa Fe, NM 87505 (Community Room)



*Each class has a maximum of **14 seats** available

We're here for you. ♥

Take a step toward feeling
stronger in body, mind and spirit.



Ask for
Phy Encluna
Tel. **505-913-8951**



Christus St Vincent Regional Cancer Center
445 St. Michaels Dr Santa Fe, NM 87505



Flyers are available at the
Family Resource Center Area