



**Event provided by
ASA Promotions LLC**

Stretch, Strengthen and Relax with CHAIR YOGA on Zoom

**Learn to
release tension
and anxiety.
Helps increase
strength.**

***Join me on
Thursdays at
1:00pm
For live Chair
Yoga***

**Learn to
improve
flexibility and
mobility. Helps
to enhance
dexterity.**

As we face new challenges everyday it is so important to connect to our own health and wellbeing. A little self-care goes a long way.



**ZOOM MEETING ID
7589620164**

(password Wellcare)

****Prior to class download Zoom (Zoom.us) Class
starts promptly so join early!!***

Sponsored by

