

Chair Yoga

Instructor:
Linda Trent



Chair yoga is a gentle form of yoga that is performed while seated in a chair or using a chair for support. It is designed to make yoga accessible to individuals with physical disabilities, older adults, or anyone who finds traditional yoga poses challenging.

Day: Every Friday

Time: 10:30 am - 11:30 am

Cost: \$15

Location: 96 S. National Avenue

Fond du Lac, WI 54935

Register at: www.fcsh.org

