



CHAIR YOGA

10-Week Virtual Yoga Class for Older Adults



FRIDAYS:

**JANUARY 20 -
MARCH 24**

11:00AM - 11:45AM



Virtual over Zoom

**Give yourself the gift of
yoga this holiday season.**

Ring in 2023 with a gentle seniors focused yoga practice, and commit to a present and healthy new year!

REGISTRATION REQUIRED

Contact:

Anna, Health & Wellness Manager
amorellato@esssupportservices.ca

416-243-0127 ext. 233

www.esssupportservices.ca

**Suitable for beginners
and all levels.**

*Classes will be taught by a certified
yoga instructor with Older Adult
certifications.*

