

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 ♥

 Date	 Time	 Location	 Instructor
 Oct 08 Thu	3 pm – 3:45 pm	2009 Botolph Rd, Ste 100 Santa Fe, NM 87505	Kath
 Oct 13 Tue	11 am – 11:45 am	445 St. Michaels Dr Santa Fe, NM 87505 (Community Room)	Amy
 Oct 15 Thu	3 pm – 3:45 pm	2009 Botolph Rd, Ste 100 Santa Fe, NM 87505	Kath
 Oct 19 Mon	11:15 am – 12:00 pm	445 St. Michaels Dr Santa Fe, NM 87505 (Community Room)	Drew
 Oct 22 Thu	10 am – 10:45 am	2009 Botolph Rd, Ste 100 Santa Fe, NM 87505	Kath



*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