

# Chair Yoga

You have nothing to lose and so much to gain! You will benefit from this program in so many ways...

Yoga encourages proper breathing, good posture and better balance. It also increases flexibility, strength and circulation.

**Location:** Hampton Bays Senior Center w/ Beth

**Date:** Tuesdays

**Time:** 10:30-11:30am

**Location:** Bridgehampton Senior Center w/ video

**Date:** Thursdays

**Time:** 10:15-11:15am

**Location:** Flanders Senior Center w/ video

**Date:** Mondays

**Time:** 10:30-11:30am

