Chair Yoga with Micheline

FALL 2019

The benefits of yoga are many:

Through the gentle postures and breath work, strengthen your body while adding flexibility and calming your mind to a state of relaxation.

Class Dates (9 Sessions):

Thursdays, 10:15am
September 12, 19, 26, October 10, 17, 24, 31, November 7, 21

Online Registration: August 5
Out-of-District Online Registration: August 19

Non-refundable Fee - $31.50, (Check payable to "Hillside Public Library")
Checks Collected Outside the Program Room On The First Day of Class

BRING A YOGA MAT, PILLOW, WARM BLANKET & WEAR COMFORTABLE CLOTHING.
PLEASE REFRAIN FROM WEARING PERFUME/COLOGNE, ETC., OR SMOKING PRIOR TO CLASS.

Hillside Public Library
155 Lakeville Rd., New Hyde Park, NY 11040
(516) 355-7850, x301; hillsidelibrary.info/events