



CHAIR YOGA

Improve your balance, strength and flexibility

Nov 11	(Tue)	11 am - 11:45 am	445 St. Michaels Dr, Santa Fe, NM 87505 (Community Rm)
Nov 13	(Thu)	3 pm - 3:45 pm	2009 Botolph Rd, Ste 100 Santa Fe, NM 87505
Nov 20	(Thu)	3 pm - 3:45 pm	2009 Botolph Rd, Ste 100 Santa Fe, NM 87505

*Each class has a maximum of **12 seats** available

Please register with **Phy Encluna** or call **505-913-8951**