



# CHAIR YOGA

Improve your balance, strength and flexibility

## SCHEDULES

**Mar 10** (Tue) 11am - 11:45 am 445 St. Michaels Dr, Santa Fe, NM 87505 (Community Room)

**Mar 12** (Thu) 3 pm - 3:45 pm 2009 Botulph Rd, Ste 100 Santa Fe, NM 87505

**Mar 19** (Thu) 3 pm - 3:45 pm 2009 Botulph Rd, Ste 100 Santa Fe, NM 87505

**Mar 26** (Thu) 3 pm - 3:45 pm 2009 Botulph Rd, Ste 100 Santa Fe, NM 87505

\*Each class has a maximum of **14 seats** available

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