



CHAIR YOGA

*Restore balance, focus, and increase vitality by strengthening and stretching your body, clearing your mind and tuning into your breath. With the use of chairs, we explore the poses with a slow steady practice of movement and breath.
For ages 18 and up. Registration required.*

**Sat., Mar 7
11 a.m. • Fountain Library**

**Sat., Mar 14
10:30 a.m. • Sand Creek Library**

**Thu., March 26
12 p.m. • Monument Library**