



GENTLE YOGA

In a safe and comfortable pace and level to meet your needs, you will stretch, flex and strengthen muscles and joints. In this Chair Yoga class, you will learn various yoga poses, movements, and breath work techniques to bring energy to your body and relaxation to your mind.

Day/Time: Tuesdays, 10am-11:15am

Cost: \$12 per class, \$15 drop-in

Virtual over Zoom

Contact: Anura 410.404.9306 to register

Instructor Anura Desai has been teaching yoga to adults and seniors for nearly a decade. She received her yoga teacher training in Montreal, Canada, and has taught in senior centers, community centers, residential communities, hospitals and corporations. Her passion is to share the benefits of yoga to all.