

Niskayuna Senior Center ~ 2682 Aqueduct Road, Niskayuna, NY 12309 ~ 518-372-4969

*The Niskayuna Senior Center is pleased to offer....*

# CHAIR YOGA



## ***What is Chair Yoga?***

This class adapts for the chair the classical yoga poses, breathing, and meditation. Chair yoga is for anyone interested in the benefits of yoga without having to be on the floor.

It's a great way to keep you strong, limber, balanced, and healthy!

*This program is offered at no charge  
courtesy of a generous sponsorship by MVP.*



## 2016 Sessions

Tuesdays, 1:00 PM to 1:45 PM

February 16—May 3

June 21—August 2

*No class on July 5*

September 20—December 7

*Class schedule is subject to change.*

*Location: Upper Level of Niskayuna Senior Center  
2682 Aqueduct Road, Niskayuna, NY 12309*

**Comfortable clothes and a water bottle are recommended.**

*Carlie Pelagalli is a certified primary group exercise instructor.*

Register for this class directly with MVP by calling 518-386-7936