

Love Thyself

CHAIR YOGA

GENTLE MOVEMENTS FOR ALL ABILITIES

Kick off the New Year getting active!
Discover the benefits of yoga from the comfort of a chair.

Chair yoga is perfect for:

- Improving flexibility
- Reducing stress
- Enhancing balance and strength

January 28, 2025

Tuesdays and Thursdays at 4pm
Available in-person and online
Seating is limited for in-person

BRIDGES at Belle Glade

141 SE Ave C

Belle Glade, FL 33430

Open to all ages and fitness levels

No prior yoga experience needed!
Please wear comfortable clothing and bring a bottle of water.

Your journey to wellness begins here!



Scan QR Code to participate in chair yoga from the comforts of your home.



For more information, please contact Annie at annie.glades@htpbc.org or (561) 685-4829

