CHAIR YOGA

Gentle movement, stronger you, better every day. A safe and effective way to improve your balance, strength and flexibility. All abilities welcome!

SCHEDULE OF CLASSES

DATE	TIME	LOCATION	INSTRUCTOR
Nov 02 Mon	11:15 am - 12 pm	445 St. Michaels Dr, Santa Fe, NM 87505 (Community Room)	Drew
Nov 05 Thu	3 pm - 3:45 pm	2009 Botulph Rd, Ste 100 Santa Fe, NM 87505	Katherine
Nov 10 Tue	11 am - 11:45 am	445 St. Michaels Dr, Santa Fe, NM 87505 (Community Room)	Amy
Nov 12 Thu	3 pm - 3:45 pm	2009 Botulph Rd, Ste 100 Santa Fe, NM 87505	Katherine
Nov 16 Mon	11:15 am - 12 pm	445 St. Michaels Dr, Santa Fe, NM 87505 (Community Room)	Drew
Nov 19 Thu	3 pm - 3:45 pm	2009 Botulph Rd, Ste 100 Santa Fe, NM 87505	Kath
Nov 30 Mon	11:15 am - 12 pm	445 St. Michaels Dr, Santa Fe, NM 87505 (Community Room)	Drew

Ask for ***Phy Encluna*** Tel: ***505-913-8951*** Each class has a maximum of 14 seats