



CHAIR YOGA

Improve your balance, strength and flexibility

SCHEDULES

Feb 10 (Tue) 11am – 11:45 am 445 St. Michaels Dr, Santa Fe, NM 87505 (Community Rm)

Feb 12 (Thu) 11am – 11:45 am 2009 Botulph Rd, Ste 100 Santa Fe, NM 87505

Feb 19 (Thu) 3 pm – 3:45 pm 2009 Botulph Rd, Ste 100 Santa Fe, NM 87505

Feb 26 (Thu) 3 pm – 3:45 pm 2009 Botulph Rd, Ste 100 Santa Fe, NM 87505

*Each class has a maximum of **14 seats** available

Please register with **Phy Encluna** or call **505-913-8951**