

Yoga with Abbey

Join us for a Chair Yoga series this summer!

In this gentle introductory yoga class, you'll learn different physical movements you can do from the comfort of a chair to bring some relaxation and ease to your day.

We'll also explore some breathing exercises and mindfulness meditation to help us re-regulate and stay grounded.

FREE!



July 13 & August 10 • 3-4pm

Seymour Center, 2551 Homestead Rd, Chapel Hill, NC

July 27 & August 24 • 3-4pm

Passmore Center, 103 Meadowlands Dr, Hillsborough, NC



Register with Abbey Riddick at
ariddick@orangecountync.gov

www.orangecountync.gov/Aging

