

Empress Friendship Center

# CHAIR YOGA

*Enjoy a Different Kind of Yoga While Sitting in a Chair*



*Great Workout - Everyone Welcome*

- Increases your blood flow
- Lowers blood sugar
- Regulates metabolism to increase weight loss
- Boosts self-confidence

**THURSDAYS. 10 AM**

April 2, 9, 16, 23, 30

May 7, 14, 21, 28



Led by Jasmine Jangula

Empress Friendship Center 324 Center Street