



1165 Elkview Ave. ~ Gaylord, Michigan 49735
989-732-1122 ~ www.OtsegoCountyCOA.org

Presents...

Chair Yoga

1:00pm to 1:40pm



Gentle Yoga

1:45 p.m. to 2:30 p.m.

Recharge and Focus on the basics of Yoga!

Students will blend mind, body and breath together in slow movement and will focus on increasing strength, flexibility, and balance!

Every Wednesday ~ \$3 per class

OCCOA ~ Lower Level Activity Room

With Yoga~45 Instructors

Space is Limited!

For more information,

Call 989-732-1122

A partnership program with Yoga~45 LLC.

