
CHAIR YOGA

with Amanda Calisti

THURSDAYS AT 2 P.M. (Seating is limited and available
Yardley-Makefield Library on a first-come, first-served basis.)



Anyone, at any level of physical ability, can practice yoga, on a chair or on a mat. All ages, levels of experience, flexibilities and health categories are welcome to attend our chair yoga classes! A yoga strap is recommended.

BCFL Bucks County
Free Library

Sponsored by the
Friends of the Yardley-Makefield Library
1080 Edgewood Road, Yardley, PA 19067
Phone: 215-493-9020
www.YMFriends.org
