

# Chair Yoga

Nedlands Affinity Club



**10am every Tuesday**

**NCC, 97 Waratah Ave (side door)**

Enhance your flexibility and ease into gentle stretching with Chair Yoga. This 45 minute seated class incorporates the core values of yoga – breath and movement. Chair Yoga is suited to all abilities, enabling mobility and improving core strength and balance. This class is led by experienced Yoga instructor Caroline Monro. Join us for a coffee after class!

**Cost:** Affinity members: \$9, non-members \$12.

This class is designed for over 55's in the City of Nedlands.  
To find out more, phone Marita on **9386 6170** or email [positiveageing@nedlands.wa.gov.au](mailto:positiveageing@nedlands.wa.gov.au)