

Chair Yoga @The Hive

Nedlands Affinity Club



2pm every Monday at The Hive!

Enhance your flexibility and ease into gentle stretching with chair yoga. Become familiar with typical yoga poses and stretches while remaining in a low-impact seated position. Perfect for seniors and those new to yoga, this class is led by experienced yoga instructor Caroline Monro.

For more details, call City of Nedlands Positive Ageing Officer Marita Gardener on 9386 6170 or email mgardener@nedlands.wa.gov.au.

The Community Hive at the Mt Claremont Community Centre is located at 105 Montgomery Avenue.