

Chair Yoga



ATLANTIC
CENTER FOR INDEPENDENT LIVING, INC.

Every Monday at 10:30am

This is a hybrid class taking place on Zoom and in person at Your CBD Store, 790 White Horse Pike, Absecon. To attend in person call April at 609-277-7792 to register.

Zoom Link

Meeting ID: 843 1054 0194

Passcode: 432098



Enjoy one hour of mindful stretching and breathing with April Elias, experienced certified yoga teacher. This chair yoga class is accessible to all levels. It is hatha yoga, it involves controlling and balancing the body, the breath and the mind. Each class ends in a guided gratitude meditation.

The Atlantic Center for Independent Living supports equal access for all.
For accommodations please contact Jennifer at jburke@atlanticcil.org | (609)748-2253 ext.4