

Seated Yoga Class



Get the benefits of yoga without leaving your chair. Learn gentle exercises to increase strength and flexibility, and improve balance and overall well being. Exercises are done from a chair or with the use of a chair for support. Beginners are encouraged to attend.

Country Park
South Burlington, VT
Wednesdays at 1 pm

Classes led by CVAA Neighbor to Neighbor AmeriCorps
Member Megan. Call 1-800-642-5119 with questions.



Neighbor to Neighbor



Champlain Valley Agency on Aging