

Chair Yoga

Wed, Dec. 18

1:30-2:30 pm

Age-Friendly Teaneck Community Center

1425 Teaneck Road, Teaneck

Space is Limited - RSVP Required

Email info@agefriendlyteaneck.org or call 201-530-6756



**Awaken, align and balance your body and mind
with gentle chair yoga.**

Linda Farrell is a RYT200, Reiki Master Teacher, Certified Sound Healer and the owner of Inside Out Healings, LLC.
You can visit her website at www.insideouthealings.com

**This program made possible through the generous
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