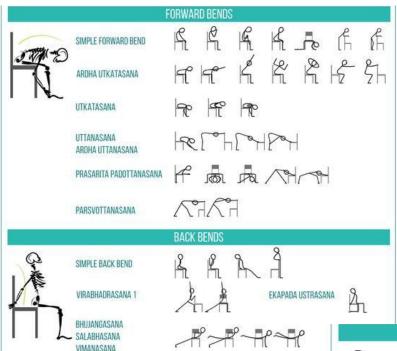


Basic Chair Yoga



Yoga involves gentle, guided stretching. This can help with the development of greater flexibility and improve range of motion, preventing falls and making it easier to participate in activites of daily life.

