



CHAIR YOGA

Improve your balance, strength and flexibility

DATES

Jan 08	<i>(Thu)</i>	3 pm - 3:45 pm	445 St. Michaels Dr, Santa Fe, NM 87505 (Community Rm)
Jan 13	<i>(Tue)</i>	11am - 11:45 am	445 St. Michaels Dr, Santa Fe, NM 87505 (Community Rm)
Jan 15	<i>(Thu)</i>	3 pm - 3:45 pm	2009 Botulph Rd, Ste 100 Santa Fe, NM 87505
Jan 22	<i>(Thu)</i>	3 pm - 3:45 pm	2009 Botulph Rd, Ste 100 Santa Fe, NM 87505

*Each class has a maximum of **12 seats** available

Please register with **Phy Encluna** or call **505-913-8951**