



FREE CHAIR YOGA Class



Friday Sept. 22nd

7:00 – 7:45 pm

Shawangunk Town Hall Courtroom

**Ideal for Beginners & those w/
Limited Mobility**

If you have never tried yoga, now is your chance!

Enjoy a fun, relaxing evening of chair yoga.

Call or text 845-527-6230 to reserve a spot by 12 pm on 9/22. Space is limited.

Our instructor is gracious enough to offer this at no cost. However, she is passionate about feeding the homeless. **So please consider bringing a box/package of individually wrapped, nonperishable food to donate.**

See [Vision of Wallkill's Facebook and Instagram pages](#)
or www.visionofwallkill.com or www.wallkillpubliclibrary.org for more information.

