

HARTZ Community Chair Yoga

**ANNOUNCING SPRING & SUMMER SESSIONS
CALL (717)735-8880 TO RESERVE YOUR SPOT TODAY!**



May 7th - May 28th
Tuesdays 12pm - 1pm

June 4th - July 2nd
(no class on 6/11)
Tuesdays 12pm - 1pm

July 9th - 30th
Tuesdays 12pm - 1pm

August 6th - 27th
Tuesdays 12pm - 1pm

Cost:

\$40 for 4 weeks

\$15 single class

Advanced registration required

Sign up and pay at front desk

Location:

90 Good Drive, Lancaster

What to expect:

- **Breathing techniques**
- **Postural alignment cues**
- **Core strengthening**
- **Supported balancing poses**
- **Relaxation**