

# CHAIR YOGA

with  
**Amanda Calisti**  
Thursdays at 2PM

**Note that there will be no Chair Yoga on the following dates:  
April 11, April 18**

**Yardley-Makefield Library**  
**This class will run until the end of May.**  
*(Seating is limited and available on a first come, first served basis)*



**Anyone, at any level of physical ability, can practice yoga, on a chair or on a mat.  
All ages, levels of experience, flexibilities and health categories are  
welcomed to attend chair yoga classes! A yoga strap is recommended.**



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