



Chair Yoga

Join us for this FREE chair yoga program!

Yoga has been shown to increase strength and balance, and to help reduce the risk of falls. Chair yoga uses a chair for stability to achieve yoga poses whilst having the same health benefits.

Facilitated by an accredited yoga instructor from Yoga Flourish, chair yoga is a fun and gentle way to achieve great health results including increasing flexibility and reducing stress.

Thursdays in June | 10 - 11am

Armadale Recreation Centre, 4 Townley Street

Classes are beginner friendly, accessible and suited to adults.

Places are limited and bookings are essential.

For bookings or further information visit:

<https://events.humanitix.com/chair-yoga-program> or call 9394 5776.



armadale.wa.gov.au

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