



CHAIR YOGA IN ASL

WHY YOGA?

- INCREASES CIRCULATION
- STRENGTHENS MUSCLES
- INCREASES FLEXIBILITY
- LUBRICATES JOINTS
- BUILDS CONFIDENCE
- IMPROVES RANGE OF MOTION & MOBILITY
- IMPROVES BALANCE
- ELIMINATES TOXINS
- CALMS THE MIND/RELAXATION
- IMPROVES CONCENTRATION

February 8, 2022

11:00 – 11:45 a.m. Central Time

Location: via ZOOM

Wear comfortable clothes, use armless chair, and bring water

Yoga Instructor is Deaf and uses ASL!

Cost: FREE!

If interested, please register at [registration link](#) or contact Brenda Boaz-Pond at Brenda.Boaz-Pond@nashville.gov or call (615) 290-5211 VP to help you to register.

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