

**Move to the Music...
Gentle Chair Yoga...
Improve your overall well being**



**JANUARY 12TH, FEBRUARY 16TH
AND MARCH 15TH, 2012
10 - 11 AM**

**HEBREW INSTITUTE OF WHITE PLAINS
20 GREENRIDGE AVE, WHITE PLAINS**

**Increase circulation and flexibility * Improve breathing,
balance and posture * Strengthen muscle and joints
Hand-outs will be distributed!**

**CLASSES ARE FREE, REGISTRATION IS REQUIRED
BY THURS JAN 5TH
LED BY SUSAN KRONISH, WJCS PARTNERS IN CARING
REGISTERED YOGA TEACHER
914- 761-0600 EXT. 147**

