



Chair Yoga with Nina

Chair yoga is a gentle form of yoga sitting in or using a chair for support.

**Classes meet every
Wednesday from
10:00AM to 11:00AM**

**Countryside Community Center
9 Sheldon Guile Blvd., Owego**

Improve your

- flexibility
- concentration
- strength
- boost your mood
- reduce stress & joint strain.



**For more information, call 607-687-4120
or visit www.tiogaopp.org.**