



Riverside County
Library System

SUN CITY

CHAIR yoga



2nd & 4th Thursdays Monthly
11am-12pm

October 12 & 26

November 9

December 14 & 28

Chair yoga is an accessible form of yoga that utilizes the chair for stability, balance, and support in the poses and stretches. All levels welcome!
Adults ages 18 and up

Instructor: Toni Kuhn

Sun City Library: 26982 Cherry Hills Blvd, Menifee