

# Gentle Yoga Classes For Seniors

All Levels of  
Experience  
Welcome!

**FREE**  
Starts  
November  
14th  
Continues  
until End of  
March  
2023

At Colborne Library

## Chair Yoga

Mondays

11am



## Mat Yoga

(Option to Continue using Chair)

Mondays

11:30am



**PLUS**  
Breathing/Meditation Classes Available Soon!

**Contact us to register!**



Contact Us:  
[info@cramahelibrary.ca](mailto:info@cramahelibrary.ca)  
Colborne Library 905-355-3722  
Castleton Library 905-344-7320



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