

PINCKNEY COMMUNITY
PUBLIC LIBRARY
125 PUTNAM STREET
PINCKNEY, MI 48169
734-878-3888
www.pinckneylibrary.org



FRIDAYS

FEBRUARY 14, 2020

MARCH 13, 2020

APRIL 10, 2020

MAY 8, 2020

11:30 AM—12:15 PM

CHAIR YOGA

FOR HEALTH AND WELLNESS

ALL AGES

Instructor: Denise N. Jonson, E-RYT, YWT, Certified Yoga for All Teacher,
Owner of Always Time for Yoga, LLC.

Join us as we practice our yoga poses with the aid of a chair!
Benefits include: enhanced breathing, joint circulation, movement of
the spine, maintenance of muscle strength, connecting body, heart
and mind. Wear comfortable clothing. Bring your water and your
smile. Call the library at 734-878-3888 to sign up. There is no fee for
this class, but donations to the library will be accepted.