



*Free Program
Focus on Adults
National City Public Library
1401 National City Boulevard
National City, CA 91950
Information: 619-470-5830*

CHAIR YOGA

Presented by Aurelia Valentin

Certified Vinyasa Teacher

Thursdays, 6 to 7 PM

September 13, 20, 27 & October 4

*Limited flexibility or mobility? Arthritis, knee injuries,
poor posture?*

Benefits of Chair Yoga:

*✓ Breathing exercises and meditation relax the mind
and destress the body*

*✓ Chair poses and standing poses stretch the body and
build strength*