

CASSADAGA SATURDAY MORNING CHAIR YOGA CLASS

- ▶ COLBY MEMORIAL TEMPLE
- ▶ 1150 MARION ST., CASSADAGA
- ▶ 11:30 a.m. - 12:15
- ▶ Opening meditation starts on time, please be seated in your Chair
- ▶ \$10 weekly fee public
- ▶ \$5 weekly fee SCSCMA members
- ▶ Rev. Suzanne DeWees (Rambha)
- ▶ Yoga Alliance E-RYT 500
- ▶ Improve strength, flexibility and posture
- ▶ Attune to an inner calm
- ▶ Embody your spirit
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