

# BASIC CHAIR YOGA

With Robin Abrett

**Weds June 6, 13, 20th 11am—  
noon**

Indoors at LAURELWOOD ARBORETUM

Members \$5/class  
Non-members \$10/class  
No yoga experience  
necessary.

[www.laurelwoodarboretum.org](http://www.laurelwoodarboretum.org)  
973-831-5675

Gently stretch your body, relax your mind and relieve some of your stress in this gentle chair yoga class. Wear loose clothing, we will work in socks or barefoot in class.