



VILLAGE OF PORT JEFFERSON
RECREATION AND PARKS
AT THE VILLAGE CENTER

101-A EAST BROADWAY
PORT JEFFERSON, NY 11777

(631) 802-2160

Program: Chair Yoga with Melissa Boyd
Dates: Tuesdays
 Sept 1, 8, 15, 22, 29, Oct 6, 13, 20, 2009
EIGHT SESSIONS
Time: 11:15 am - 12:15 pm
Location: Port Jefferson Village Center
Instructor: Melissa Boyd
Fee: \$80/Residents \$90/Non-residents
Notes: This class is perfect for seniors and those seeking a gentle form of yoga. While seated, students can reap the benefits of Yoga, including stretching and breathing techniques, and meditation.



Chair Yoga 9/1 to 10/20/2009

Name: _____

Address: _____

Phone: _____

Email: _____

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