



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
 March 2, 9, 16, 23, 30, April 6, 13, 20, 2010
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 3/2 to 4/20/2010

Name: _____

Address: _____

Phone: _____

Email: _____

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