



Chair Yoga

Join us for an occasional Friday Chair Yoga class designed for seniors, but open to all ages 18+. Taught by Aditi Sharma, RYT200.

Enjoy gentle yoga for mobility and well-being. No prior experience required, all fitness levels welcome.

 Starts at 1 PM on Fridays

 August 22
September 12
October 24
November 7
November 21

 South San Francisco Public Library
2nd Floor Community Room
901 Civic Campus Way
South San Francisco, CA 94080

Limited to 20 people maximum. Doors close at 1 p.m., so please arrive early and stay seated until the class begins. Late entry not permitted.



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Contact us for more information:

 (650) 829-3860

 ssf.net/library

 ssfpladm@plsinfo.org