



CIRCLE OF FRIENDS

CHAIR YOGA



JOIN US FOR A FULFILLING, RELAXING PROGRAM!!

VIRTUAL & FREE!

TUESDAY, FEBRUARY 11TH – 7:00-8:00 PM

Attend remotely from the comfort of your own home, and let the stress melt away as you join Nandini Trivedi to help you stretch, strengthen, and improve your posture.

Nandini has been practicing yoga for the past ten years. She is a graduate of the 200HR Atmananda teacher training program in New York City. Nandini is also certified in Children's Yoga and mindfulness through Yogi Beans and Restorative Yoga through Yoga Nanda in Garden City. She also teaches Yoga for Autism at various locations throughout Long Island.

RSVP to JONI CHRISTIE: lollipop@optonline.net (516) 996-0948

USE THIS LINK TO JOIN: <https://tinyurl.com/COF-CHAIRYOGA>

Meeting ID: 984 9431 8536

Passcode: 475159

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