



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FOR A BETTER YOU

## SilverSneakers Yoga Stretch CLIPPARD FAMILY YMCA

SilverSneakers Yoga Stretch is a seated (chair) class that will move your body through a complete series of seated and or standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of motion. Restorative breathing exercise and relaxation techniques are practiced to help promote stress reduction and mental clarity.

### Program Information:

**\*\*\*EVERY WEDNESDAY**

Program is held on Wednesday of each month from 12:30 p.m. to 1:30 p.m. Please wear comfortable shoes and clothes. Water bottle required.

### Contact information:

Nora Dashley, Program Director-Seniors  
P 513-923-4466 E [ndashley@cincinnatiymca.org](mailto:ndashley@cincinnatiymca.org).

### Supported by

CLIPPARD FAMILY YMCA  
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