

CHAIR *Yoga*

Chair Yoga is an accessible style of yoga that can be practiced by people of all ages and abilities. It is designed to be easy on the joints, while still helping you improve strength, flexibility, and balance.

Every Tuesday & Thursday
9:00am-10:00am

Camarena Health Wellness Center at Tesoro Viejo
4148 Town Center Blvd.
Madera, CA 93636



CAMARENA
HEALTH

To register download the Camarena Health app on the App Store or scan the QR code!

