

CHAIR YOGA

WEDNESDAYS 10:30AM - 11:30AM

GREAT ROOM in Granville Gardens

April 5, 19 | May 3, 17, 31 | June 14, 28 | July 12

Benefits include:

Improved strength & balance | Breath awareness

Calming body & mind | Move within your comfort level



GRANVILLE
GARDENS

INSPIRED SENIOR LIVING WITH



Multiple Award Recipient of Canada Service Excellence

OPEN FOR TOURS DAILY 604-563-3540

1550 West 49th (at Granville)



12 SPOTS AVAILABLE \$10 PER SESSION
Register 604-563-3540



Instructor,
Sylvia Smallman

