Chair yoga is one of the gentlest forms of yoga available. It is a unique style that adapts yoga positions and poses through creative use of a chair. Poses are done seated or the chair is used for support during standing and balance poses. *Beginners welcome.*

**Chair Yoga**

- **East Lincoln Christian Church**
  7001 Edenton Road
  Fridays, 11 a.m. to noon

- **Eastridge Presbyterian Church**
  1135 Eastridge Drive
  Wednesdays, 1:30 to 2:30 p.m.

Call 402-441-7575 to register or for more information.