

GET MOVING TO END POLIO

Beginners & ChairYoga Event

Thursday, January 25, 2024
6:00 - 7:00 pm
Torigian Family YMCA
259 Lynnfield Street, Peabody

**Donation to Participate:
\$10 at the door - Cash, Check or Venmo**

All Levels Yoga Flow with Jacqui Orphanos

Jacqui will offer an all levels class featuring breathwork and beginner level Vinyasa yoga incorporating strength, balance and flexibility poses.

Participants should wear comfortable clothing and bring a yoga mat.

Chair Yoga with Carol Wallis

Carol will offer a gentle yoga practice with seated poses, standing poses with the chair support and relaxation techniques. Perfect for beginners or those with limited mobility.

Chairs will be provided. Participants should bring a water bottle.



Want to Get Moving with Yoga? [Register @ bit.ly/EndPolioPeabody](https://bit.ly/EndPolioPeabody)

Can't attend but still want to end Polio:

[Support Team Rotary Peabody HERE](#)

Rotary
Club of Peabody, MA



**END
POLIO
NOW**