



Free drop-in class

3rd Thursday of every month

11:00 a.m. – 12:00 p.m.

Friendship House — 3404 Aviation Blvd. — Vero Beach 32960

We use the chair as a prop as we breathe, stretch, balance, and chill in *savasana* (a.k.a. relaxation). A visualization meditation will be offered at the end of most classes. All levels are welcome since modifications will be offered

Comfortable clothing and a water bottle are recommended

Questions? Contact instructor Jan Drygulski at janski222@comcast.net or 603.380.0961