

# Meditation and Chair Yoga

*With Alka Kaminer, Registered Yoga Therapist and  
Certified Chair Yoga Instructor*

**Chair Yoga: Mondays and Wednesdays at 1:00 PM**

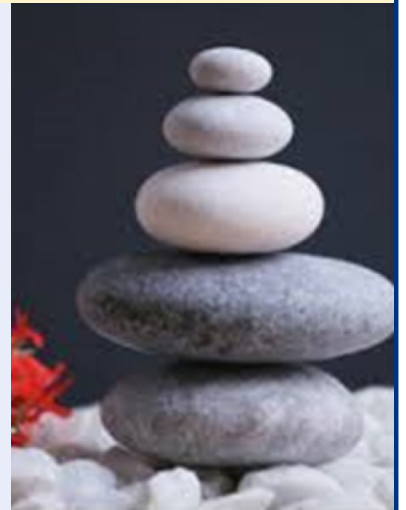
**Meditation: Wednesdays at 12:00 PM**

**Via Zoom**

*See calendar to register for the class.*

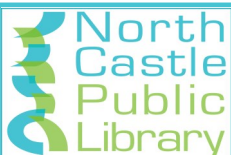
## Benefits of Meditation include:

- ♦ Increase focus & memory
- ♦ Increase health
- ♦ Reduce stress & anxiety
- ♦ Reduce pain
- ♦ Increase productivity
- ♦ Increase happiness

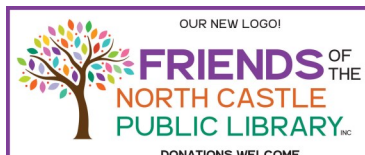


**No previous Yoga or  
fitness exercise  
necessary!**

Experience greater flexibility, cardiovascular endurance, improve balance, strengthening and toning of muscles, better digestion, stress reduction, mental clarity, improved breathing, relaxation, and



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