

# CHAIR YOGA + MOVEMENT EVENT

*With Chelsea Vick Davis*



REFRESH, RELEASE & RESET  
GET A NATURAL ENERGY BOOST!

Take a break from your day + refresh your body  
+ mind with a guided movement session  
designed for all bodies and all experience level



*Thursday May 15th*  
*Session 1 @12:30pm*  
*Session 2 @1:00pm*

COME AS YOU ARE – NO YOGA MATS,  
WORKOUT CLOTHES OR SPECIAL SHOES  
NEEDED