

# ***Chair Yoga Program***

**Gilford Parks and Recreation is partnering with  
Renee Cupples, E-RYT500 Certified Yoga Instructor,  
To run a 6-week Adult Chair Yoga Program**



**Where: The Gilford Youth Center**

**When:** Wednesday mornings  
from November 2 – December 7, 2022  
(Session dates may be extended to accommodate for  
cancellations  
due to inclement weather)

**Time:** Wednesday from 11am-12pm

**Registration Fees:** \$50.00 for all 6 classes  
\$10.00 daily drop-in fee

No yoga mats needed to use each class as we will provide chairs.

Register in advance at the Gilford Parks and Recreation Office.  
For more information, please call the Parks and Recreation Office  
at  
(603) 527-4722.