



Chair Yoga



**Wednesdays at 12
p.m. via Zoom**

A gentle yoga ideal for beginners. Yoga is beneficial for those with a desire to increase circulation and flexibility, while also reducing stress and back pain.

[Zoom Meeting ID: 199 451 533](#)

Passcode: 121217

For questions or to enroll, contact Cory Lujan at (760) 992-0469
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