

# **FREE CHAIR YOGA**

WITH

## **CLARE GORMAN**

### **ON-LINE**

### **USING ZOOM APP**



## **MON, WED & FRI**

## **10:00 AM TO 11:00 AM**

**All you need is:**

- Download the Zoom app
- Go to Meeting #471-452-910
  - Password - 214483
- Yoga belt (or tie or belt from your housecoat)
  - Straight-back chair with no arms
    - Exercise Mat

**For more information email:**  
**[claire.gorman@bell.net](mailto:claire.gorman@bell.net)**

*Always be mindful of exercising alone.  
Have a phone close by in case of emergency.*