

Chair Yoga

Tuesdays at 11am
February 20th & 27th
March 5th, 12th, 19th & 26th

Join Tatyana Kočerina, Yoga Educator, Health and Balance Coach, as she guides you through simple, relaxing stretches that help strengthen your core, alleviate stress, and enhance your mobility.



Tuxedo Park
LIBRARY
Come In. Connect.



Register to attend by calling
(845) 351-2207 or by visiting
tuxedoparklibrary.org/calendar