



# Yoga for You – Chair Yoga

**Wednesdays in January • 11:00 AM**

*Registration is required • Class will be held in the library 1st floor non-fiction room*

Join Wendy Bass, an instructor with the City of Myrtle Beach Recreation Division, for chair yoga. Chair yoga stretches the joints and muscles through deep breathing and gentle movement. No experience necessary.

**Register online at [chapinlibrary.org/calendar](http://chapinlibrary.org/calendar) • Class size is limited to 20 participants  
Registration opens 7 days prior to class. Registration required per session.**



**CHAPIN MEMORIAL LIBRARY**

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Myrtle Beach, South Carolina 29577  
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