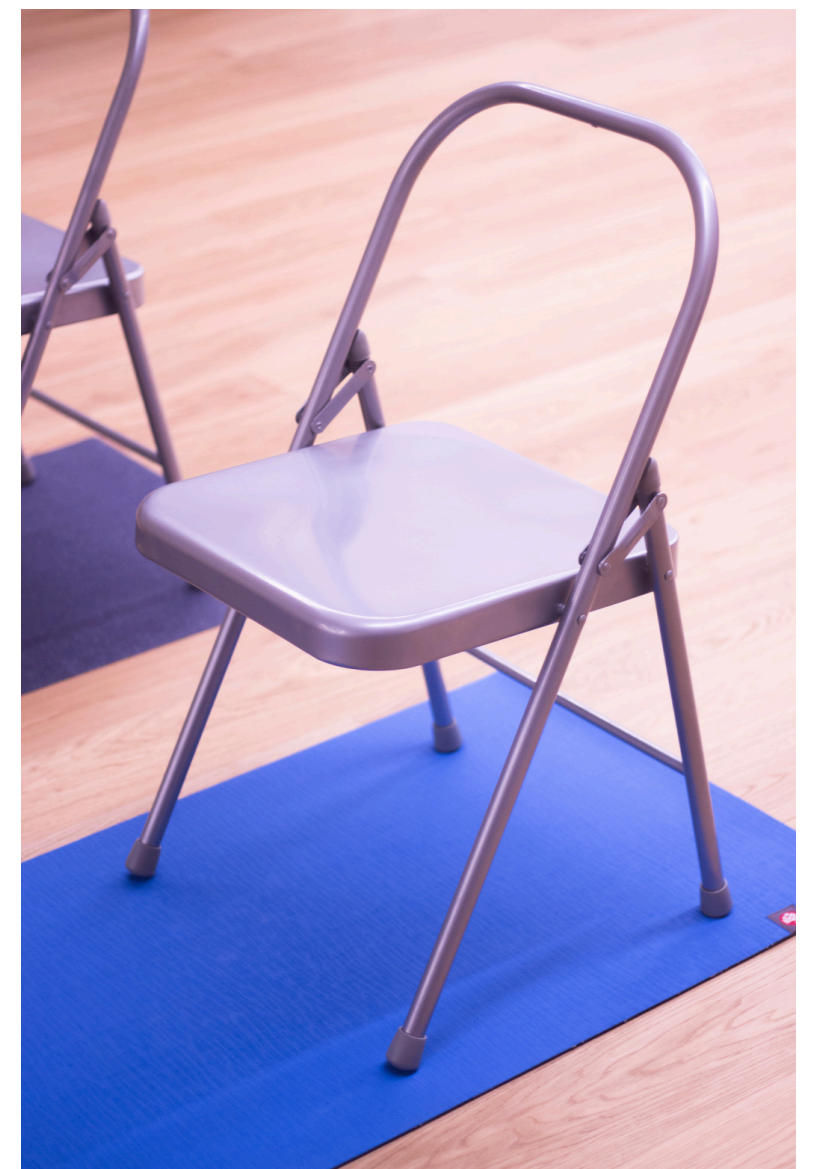


# YOGA FOR SENIORS: WEBINAR



**Tuesday, March 3, 2026**  
**11:00 a.m. - 12:00 p.m.**

- Learn gentle yoga poses while seated on a chair
- Practice breathing techniques to bring the mind, body and soul together
- Understand the importance of simple physical stretches and guided relaxation



[Register Now](#)

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