



FREE CHAIR YOGA

with Kandy!



Open to all levels & flexibility -
experience not required!

Wear comfy clothes and bring water.
Classes taught by certified Yoga
instructor Kandy Krampitz Svec.



DATES:

Wednesdays

**January 8, 15 & 29
11:30 am-12:30 pm**

LOCATION:

Main Library at Audubon
350 John James Audubon Pkwy
Amherst, NY 14228
Call 716-689-4922 to register.



FREE HAPPY YOGA HOUR

FOR ADULTS



Open to all levels & flexibility -
experience not required!

**Bring your own mat, block, towel
and/or blanket.**

Wear comfy clothes and bring water.
Classes taught by certified Yoga
instructor Kandy Krampitz Svec.



DATES:

Fridays!

**January 3-31
5:30-6:45pm**

LOCATION:

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Amherst, NY 14228
Call 716-689-4922 to register.

