



PRESENTS:

## YOGA

# WITH MARCIE CHAPMAN VIRTUAL PROGRAMMING

**Who:** Open to individuals of all ages who are blind or visually impaired.

**What:** An hour-long yoga session with Guest Instructor Marcie Chapman.

**Where:** Virtual via Zoom

**When:** Saturdays in February & March 2021  
February 6, 13, 20, 27  
March 6, 13, 27

**Time:** 9:00 am to 10:00 am Pacific Time

**Registration is due 2 days in advance of the virtual program.**

**To register, please call or email**

**The programs team**

**360-448-7254 Extension 2**

**[ProgramsTeam@nwaba.org](mailto:ProgramsTeam@nwaba.org)**

**<https://nwaba.org/virtualevents/>**