



# Savannah-Chatham County Area Community

## Chair, Chair-Mat and Mat Yoga Asana Classes

Inspired by *Spry Mind+Body Yoga*.

*As of June 26, 2024. Information subject to change.*

**Yoga for balance, flexibility, strength and stability.**

Participants must provide their own yoga mat. Straps and blocks optional.



### Chair

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**Chair Yoga Sunday** Via Zoom at 2:00pm (EST).  
Contact [jennifer@lowcountrypoweryoga.com](mailto:jennifer@lowcountrypoweryoga.com) for additional information. Donation based.

Chair based **Yoga for Adults with Intellectual Disabilities**. via Zoom at 11:45am (EST). 2nd/4th Tuesday of the month. Free.  
Contacts: [yoga.franessa@yahoo.com](mailto:yoga.franessa@yahoo.com)

**Chair Yoga @ The Library. Tuesday.** In-person at 12:30pm. Contact [kath.johnson@gmail.com](mailto:kath.johnson@gmail.com) for additional information. Free.  
Physical Location: SW Branch, Savannah Mall, 14097 Abercorn St, Savannah, GA 31419

**Chair Yoga.** In-person. **Thursday.** Salvation Army Savannah (Bee Road) at 2pm. Phone: (912) 352-7584. Salvation Army Membership necessary.

**Chair Yoga.** Thursday. Seniors. In-person at 4pm. Contact Senior Citizens Inc. Call (912)-236-0363 for additional information. \$Fee.  
Physical Location: 3025 Bull St. Savannah, GA 31405

**Chair Yoga** Via Zoom at 4:15pm (EST). **Wednesday.** Contact [jennifer@lowcountrypoweryoga.com](mailto:jennifer@lowcountrypoweryoga.com) for additional information. \$Fee.

**Chair Yoga Thursday.** Via Zoom at 2:00pm (EST). Contacts [yoga.franessa@yahoo.com](mailto:yoga.franessa@yahoo.com) for additional information. Free.

**\*Chair Yoga.** In-person. **Friday.** Frank G Murray Center (FGMC), Wilmington Island. 11:00am-11:45am. Call (912) 898-3320 for additional information. Donation Based.

\*Sponsored by Savannah Power Yoga Spry Mind & Body and Chatham County Parks and Recreation. Donation based with proceeds going to the Edle Caregiver Institute (Savannah Hospice).

### Restorative

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**Restorative Yoga for Caregivers.** Via Zoom at 9:15am (EST). Sign-up at [Online Classes \(savannahpoweryoga.com\)](https://www.savannahpoweryoga.com) Free.

### Chair-Mat

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**Chair-Mat Yoga.** In-person. **Monday.** Wetland Center, Richmond Hill. 10:00am-11:00am.  
Contacts [yoga.franessa@yahoo.com](mailto:yoga.franessa@yahoo.com) for additional information. \$Fee.

Physical Location: J. F. Gregory Park, Wetland Center. 500 Cedar St, Richmond Hill, GA 31324.

**Chair-Mat Yoga Monday** Via Zoom at 2:00pm (EST). Contacts [yoga.franessa@yahoo.com](mailto:yoga.franessa@yahoo.com) for additional information. Free.

**Chair-Mat Yoga.** In-person. **Tuesday.** Lake Mayer Community Building in Sav'h. 3:30pm - 4:15pm. Call (912) 898-3320 for additional information. Donation based.

**\*Chair-Mat Yoga.** In-person. **Wednesday.** Lake Mayer Community Building in Sav'h. 11:45am - 12:30pm. Call (912) 898-3320 for additional information. Donation based.

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Physical Location: 3025 Bull St. Savannah, GA 31405

**\*Chair-Mat Yoga.** In-person. **Friday.** Frank G Murray Center (FGMC), Wilmington Island. 9:45am - 10:30am. Call (912) 898-3320 for additional information. Donation based.

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### Mat

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**Mat Yoga @ The Library.** In-person at 11:00am. **Tuesday.** Contact [kath.johnson@gmail.com](mailto:kath.johnson@gmail.com) for additional information. Free.

Physical Location: SW Branch, Savannah Mall, 14097 Abercorn St, Savannah, GA 31419

**\*Mat Yoga.** In-person. **Wednesday.** Frank G Murray Center (FGMC), Wilmington Island. 9:45am - 10:45am. Call (912) 898-3320 for additional information. Donation based.

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