

Meditation and Chair Yoga Videos:

Link to video shared by kind permission of Lara Slattery
Health and wellness

<https://www.laraslatteryhealthandwellness.com/>

Meditation Video😊 Click the link below to watch

<https://vimeo.com/506475207?fbclid=IwAR0D-aur6iT75B2Zzwt72aNtS3QaBdisxKuPbhNEVlnO4-x0e-E-UgcttZM>

Chair Yoga😊 Click the link below to watch

https://vimeo.com/506461946?fbclid=IwAR0bi-YFseQm9RcwlidLfuzuhJ_7tVHB9WOpF2lh-Dyw8Y9CFoYKQO4kiAo