

Caryn Sheckler, who teaches our Chair Yoga is offering her classes live on Facebook, Tuesdays and Thursdays from 10:15-11:15am just like at the library. Request to join the [Lifelong Chair Yoga](#) group to access the live classes.

To do Chair Yoga without Facebook, you can enjoy Caryn's recorded classes on the [Interlaken Public Library](#)'s website.