



<https://youtu.be/BQ-B8hpPgkx>

As the temperatures drop and days get shorter, it may be time to think about different ways to get yourself moving. Chair yoga is a great way to move your body and tap into your breath. You don't need any special equipment to do it – just a chair (preferably without wheels, or with the wheels in the locked position). Join yoga instructor (and Health and Wellness Program Manager) Mandie Johnson from Central Arkansas VAMC for this brief 9-minute chair yoga practice.

Click on the link above and give this a try.

If you have any questions about Veteran benefits, please call Gregg W. Duffek, TVSO and schedule time to discuss your benefits or to file a claim with the VA for compensation, Healthcare access, and other services available to qualified Veterans. 715-793-4036.