

Chair Yoga

Free live online classes!

Saturdays: Sept. 19, Oct. 17, and Nov. 14 at 9 am



Chair Yoga with Theresa Jefferson: *a 500 hour certified, experienced yoga teacher*

Chair yoga enables participants who are either new to yoga or unable to participate in a traditional yoga class to enjoy the benefits of yoga.

Over time, chair yoga will increase flexibility, range of motion, calm the mind & spirit, and increase body awareness.

All postures will be done either sitting in a sturdy chair or with the assistance of the chair. You can always choose to remain seated throughout the class. Classes may also include breathing practice, meditation and deep relaxation.

To register for any or all of the classes, go to:

Sept. 19 - https://9-19_chair_yoga.eventbrite.com

Oct. 17 - https://10-17_chair_yoga.eventbrite.com

Nov. 14 - https://11-14_chair_yoga.eventbrite.com

