

SENIOR CHAIR YOGA

MONDAY

10:15-10:45AM

MEDITATIVE STUDIO

INSTRUCTOR: JANE ANN RAYMAN

Chair Yoga is a gentle yet effective yoga practice involving the support of a chair. It helps your body to be more spatially aware through the transition of poses.

This class offers variations and modifications of yoga postures with the use of a chair. It is an excellent alternative experience of yoga without the need to get up and down from the floor. All movements are done in and around a chair, but if you are chair bound, you can still enjoy the benefits of this class as modifications are always given for both.

Benefits include:

- Increased Flexibility
- Improves Muscle Strength
- Helps with Balance and Coordination
- Reduces Stress
- Reduces Pain and Better Pain Management Skills
- Promotes Better Sleep

