

FOREVERWELL



Chair Yoga

MONDAY

10:15-10:45AM

MEDITATIVE STUDIO

INSTRUCTOR: JAN HILL-STEINER

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*

