

CHAIR YOGA

Introducing Yoga: Please sign up at the front desk if interested. The benefits of chair yoga include:

*Improved Strength
Improved Flexibility
Reduced Stress
Mental Clarity
Improved pain management*



Chair Yoga is a great way for older adults to get the wonderful health benefits of yoga. Staying seated means that even frail seniors or those who aren't flexible can safely do the exercises. Yoga is an excellent way for older adults to loosen and stretch painful muscles, reduce stress, and improve circulation.

Class: Chair Yoga
Day: Mondays
Time: 9:30-10:30AM
Location: NRCC Physical
Fitness Rm
Start Date: May 20, 2019