

Chair Yoga and Its Schedule

The Hatha Yoga Club also offers CHAIR YOGA for those who have difficulty transitioning to and from the floor. Participation is limited to 16 per class. Each session is six classes and participants must pre-register and pre-pay.

Until recently, a traditional yoga practice included positions performed either on a mat on the floor, or in a standing position. But what about those of us who simply can't, for one reason or another, exercise from the floor? What if it's not possible to get on hands and knees or sit in a cross-legged position?

CHAIR YOGA is the answer! Providing all the benefits of a traditional practice, chair yoga allows students to perform and enjoy the postures while seated and standing, using the chair for support. And the results can be the same.

Now's the time to explore the benefits that the regular practice of chair yoga can provide. Benefits such as increased strength, flexibility, muscle tone, better balance, improved breathing, joint health and pain prevention are now also available to those of us who prefer to use a chair rather than a mat. Not only can your physical self be improved, but so can your psychological health expand. Regular practitioners report mental calmness, stress reduction and more awareness of their bodies.

For more information and to get on the waiting list call Carlyn at 623-972-9602 or Marci at 623-980-8528..

COST

\$30 for a 6-week session

\$10 annual club membership

Classes are offered

Monday

1:00pm - 2:15pm

Wednesday

10:30am - 11:45am

Thursday

1:00pm - 2:15pm

Friday

1:00pm - 2:15pm