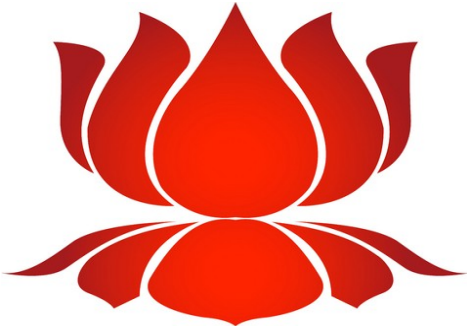


Yoga for Good



Breathe in, give back

Chair Yoga Class

Sign Up!

Session to benefit:

Day:

Time:

First Class Date:

6 Class Session Cost:

Pre-register by:

Location:

Host contact person:

Chair Yoga is a safe and gentle way of achieving the benefits of yoga for individuals who have exercise limitations due to age, inactivity, medical conditions, or injury. It is also a valuable form of exercise for those without limitations.

Participants will practice deep breathing, stretching, and strengthening exercises and can expect to increase flexibility, strength and stamina. Improved balance, concentration, and self-awareness, as well as reduced stress levels are also "side-effects" of a regular Chair Yoga practice.

For more information or to register visit

www.yoga-for-good.com

Instructor: Meg Wambach

Meg is a registered Yoga Teacher from Feel Your Best Yoga. Meg was attracted to the FYB philosophy, "The person, not the pose" and the incorporation of modifications and moderation allowing all people to benefit from a Yoga practice. Meg's teaching style is playful, nonjudgmental and facilitates each student's unique journey on the yogic pathway. Meg received her Ace Fitness Personal Trainer Certification in 2006 and also teaches pilates, yogalates, and body sculpt classes throughout the community.