

“EASY DOES IT” CHAIR YOGA

- When:** Tuesdays, 11am-12noon, 6 weeks (3/10-4/14)
- Where:** Yoga for Health studio, 119 Mass Ave, Lunenburg
- Who:** For older adults, who may just be beginning to exercise
For anyone physically weak, due to injury or illness
For anyone who has not exercised for some time
- Why:** To experience the many physical and mental benefits one can obtain through this yoga fitness program
- Cost:** \$60 for 6 weeks, or \$12 as a drop-in

This “Easy Does It” yoga program engages different parts of the body, and the mind. It is divided into 5 major parts as listed below:

- **Exercise:** gentle stretching, strengthening, and balancing movements that can be done in a chair
- **Breathing Techniques:** slow diaphragmatic breathing techniques that strengthen the respiratory and circulatory systems
- **Relaxation and Meditation:** step-by-step procedures that release tension throughout the body, improve concentration, increase circulation to the heart, and brighten mood
- **Nutrition:** suggestions for building health by gradually improving diet
- **Philosophy:** ideas from yoga philosophy that enhance creative thought, promote inner growth, and stimulate intuition

Each week we will include each of the above aspects into the class. The yoga exercises have been modified into a safe, gentle and gradual system that does not require flexibility or stamina, and is non-competitive.

To register, or if you have any questions or concerns regarding this yoga fitness program, please call **Vicki** at **978-345-1156**. Thank You!