

CHAIR YOGA CLASS

THROUGH THE MAPLE STREET SENIOR CENTER



This class consists of sitting and standing poses, with the aid of a chair. Emphasis is placed on connecting breath to movement, reducing stress, improving balance and flexibility, and stretching and strengthening muscles. Movement is slow and gentle, and benefits those with health conditions.

A sturdy chair without arms is required. Also, have your own props: a block (or large book), strap (or exercise band), and a soft ball for hand and foot massage. Wear comfortable clothing.

For everyone's health and safety, we will continue classes via ZOOM. An invitation (e-mail) will be sent out to all interested.

Instructor, Ellen is a 520-hour certified yoga teacher and is pleased to offer her Chair Yoga Class on ZOOM for all LCSOP Participants!

Day: Tuesdays

Time: 10:30am—11:30am

Cost: \$40.00 for an 8-week session

Payment by check, cash, or Zelle is accepted.



INTERESTED???

Register with Shannon McMinn at the senior center (717) 273-1048 or at smcminn@lebcnty.org, and Ellen Keosseian (717) 454-0686 or at ellenjsk@comcast.net