

# Chair Yoga

At Rx Yoga CENTER for the Healing Arts



Tuesdays

11:15 am to 12:15 pm

May 27<sup>th</sup> – June 24<sup>th</sup>

5-Week Session \$45

July 1<sup>st</sup> – August 5<sup>th</sup>

6-week session \$48

If a traditional floor yoga class is too challenging, using a chair can be a gentle way to enjoy your yoga practice.

This class encourages proper breathing and posture. Mild strengthening and stretching are included. Class ends with a refreshing and restorative relaxation period. This class is suitable for any participant who has difficulty exercising on the floor.

Employees on or near Medina Square who are interested in a yoga session during their lunch hour are encouraged to join us!

**Call to Register:**

**Lisa Campbell (330) 635-2208**



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