

Chair Yoga



Tuesdays 11:15am-11:55am

Deercrest Wellness Center

In this 40 minute beginner level CHAIR YOGA class participants WILL NOT get on the floor. This is a perfect class for anyone wanting to reap the many health benefits of Yoga but may have concerns with mobility, balance or are trying Yoga for the first time.

Additional FYI....

*RSVP NOT NECESSARY FOR CURRENT GROUP EXERCISE CLASS PARTICIPANTS.

*New exercisers will be asked to complete a Waiver of Liability

*Light Essential oil blends are used to enhance the relaxation benefits of class (this is OPTIONAL).



Questions? Call Krista—317-973-4007

Participants will enjoy health benefits of Yoga ...

- * Build total body strength and flexibility***
- * Improve core strength & posture***
- * Improve lung capacity through guided deep breathing exercises***
- * Decrease stress and anxiety***