

CHAIR YOGA

With Claire Bay Marsh



CHAIR YOGA

Perfect for all levels, chair Yoga is a great way to relax from head to toe without the stress of getting out of your chair. Chair Yoga adapts traditional Yoga poses so they can be done with a chair, making Yoga more accessible for people who cannot stand or lay down for long periods. Regardless of your age or what condition you

are in, you can experience the health benefits of chair Yoga.

THURSDAYS and FRIDAYS

11:00 AM to 12:30 PM

\$10 per Person per Session

Limited to First Ten People to Register/Pay

To Register/Pay or for More Information, Please Contact:

Center for Spiritual Living

1905 Hartnell Avenue * Redding, CA 96002

530-221-4849 or visit www.cslredding.org