

Chair Yoga – Get Fit While You Sit!



Taught virtually on Zoom on Tuesdays at 10am

Chair Yoga is a gentle style of yoga that is practiced while sitting on a chair, or standing using a chair for balance and support. It is incredibly beneficial for people with limited mobility issues due to illness, injury, inactivity or age.

Practicing Chair Yoga helps participants to achieve physical and mental fitness. It is empowering and encourages a healthy lifestyle. It is a fun way to exercise for everyone especially those who are looking for a way to ease back into an exercise program.

Chair Yoga provides an effective and gentle way to improve strength, flexibility, coordination and mind focus. It is complementary to current medical interventions, therapies and exercises.

Chair Yoga participants enjoy many fitness benefits including:

Improved circulation, muscle tone, bone density and physical strength to continue with hobbies and daily activities independently. A strong body will be able to better withstand a fall or an accident, lessen the severity of an injury, and hasten recovery time.

Breathing techniques to improve lung capacity and quality of sleep. Bringing more oxygen into the body nourishes cells and strengthens the immune system. Tuning into the breath has a meditative effect that calms the mind and encourages a positive outlook.

Coping skills for reducing stress, anxiety, pain and other health challenges.

Weight Loss that leads to better posture and a sense of confidence, inner peacefulness and overall well-being that extends to all aspects of life.

Chair Yoga has all the same benefits of traditional mat yoga. The poses are modified and can be done seated or standing next to a Chair. Here are some examples of common chair yoga poses.



Classes are ongoing

Call, Text, or Email at least a day or two in advance

to register for this Virtual class

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