

Sitting Fit: Chair Yoga Class



Thursdays, September 17th—November 12th

8:45—9:30 am

**Eureka Public Library, 202 S. Main
East Entrance**

\$5 fee per class

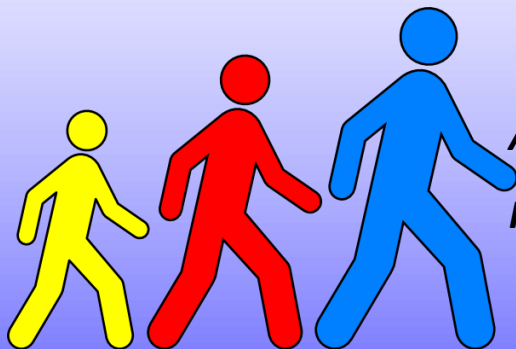
Call 409-467-2922 to Register

Join yoga instructor Peg Toliver for this new weekly, easy exercise class. Health experts warn that “sitting is the new smoking,” so how can a ‘chair fitness’ class benefit you? Chair yoga allows those with stiffness, balance concerns, weight issues, and limited mobility to learn foundational principles for releasing stress while gaining core strength and increased flexibility throughout the body. Sitting Fit instructs students in classical yoga breathing and postures which are modified by using chair, table, or wall for support. The exercises are easy to adapt to your routine at home, work, or in the car to maintain healthy posture and increase mobility. Please consult your doctor about the appropriateness of this class for you. There is no requirement to get up and down from floor level. **Wear comfortable non-binding clothing and bring a small blanket or bath towel and a long sash or men’s tie to assist in stretching in some poses.**

September Chair Yoga Dates

September 17

September 24



A Eureka Public Library

Fall Fitness Program