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Presents...

Healthy Aging!

Chair Yoga

Sit to be Fit!

Instructor: Dianne South, Yoga Instructor, Reiki Master, Officiant

8-Week Sessions

October 4 ~ November 22, 2017 • April 4 ~ May 23, 2018 • July 25 ~ September 12, 2018

Wednesdays | 1:30 to 2:30pm | \$3 Per Class

Yoga-45 Studio | 148 W. Main Street | Gaylord

The body benefits from Chair Yoga through increased strength, flexibility and stamina. **The mind** benefits as yoga helps to improve concentration, calms the emotions and clears mental chatter. **The spirit** benefits by experiencing expanded awareness and an encouragement toward peace, love and compassion for others.

Sign Up! Limited Space!

Call the Healthy Aging Activities Coordinator, at

989.748.4068

in partnership with Yoga-45 Studio

