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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 3 ~ November 21, 2018 • April 3 ~ May 22, 2019 • July 17 ~ September 4, 2019

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

