

Chair Yoga

Yoga is one of the oldest forms of physical activity. It is a type of exercise that combines physical postures with breathing to help strengthen and calm the body and mind. Practicing yoga builds strength, flexibility and confidence.

Chair yoga is designed for participants of all ages and for the flexible and inflexible. Poses are done either seated or standing next to the chair—no getting down on the floor. The focus is to help adults in achieving good comprehensive health.

This is a beginner program with no experience needed. We will learn the different poses and practice them each session.

6 Week Free Beginner Chair Yoga Class



Mondays

February 5—March 11, 2024

**9:30 a.m. at the
UT/TSU Extension Office**

2105 Midland Road, Shelbyville, TN 37160

**Call the Extension Office to sign up at
(931) 684-5971**



Call Whitney Danhof, Extension Agent
At the above number for questions.

