



Cheryl Rossman E-RYT500

Graduate YogaLife Institute

Specializing in:

Gentle, Chair, Restorative, Prenatal Yoga,  
Therapeutic Exercise for Seniors,  
Certified Children's Yoga Instructor, Radiant  
Child Yoga for Differently-Abled Children, Yoga  
for Teens & Pediatric Yoga

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## **Chair Yoga**

32 Court St.

2<sup>nd</sup> Floor

Exeter, NH 03833

Registration is requested:

603-773-6151

**Thursday 1:00 -1:45 PM**

**6 week session /\$10.00 resident**

**6 week session/ \$45.00 non-resident**

2024 July 11, 18, 25, Aug 1, 8, 15

The poses and sequences are thoughtfully and carefully chosen to help you:

- gain and maintain range of motion
- move your body with ease
- prevent falls
- happy feet exercise to increase your sense of balance.

We stretch, strengthen, and coordinate the left and right sides of the body keeping the brain active. Poses are carefully selected with everyone in mind. Always remember to honor your body--- modifications are always available and nothing should ever be painful. This class is designed for anyone who would like a gentle relaxing yoga class---the chair is always there for you if you need it. Come join us, it is a social event!

***Bring a mat, strap, tennis ball and water.***

***Minimum of 5 people required to hold class.***