

NEW FALL CLASS!



Gentle Chair Yoga + Tea

Improve your health and wellness and meet new people!

No prior yoga experience is required, if you can breathe you can do yoga. These classes are gentle, welcoming and accessible to everybody. Chairs, mats and props will be provided.

Each session will focus on a theme such as body awareness, breathing, stress management, healthy posture and living from the heart. Approximately 45 - 55 minutes of yoga including a brief check-in, warm up and yoga postures, guided meditation will be followed by social time over tea and a light snack.

All you need to do is come with a willingness to learn and improve your body and mind, and to meet new people!

Date: Thursdays starting September 5 – October 10

Time: 1:30pm – 3:00pm

Location: Seniors Connect Centre, 150 Wallace St.

There are so many benefits of practicing yoga:

- Increased strength
- Improved balance and flexibility
- Improved breathing capacity
- Increased circulation and confidence.
- Reduced stress

Yoga encourages quiet reflection, relaxation, concentration and a sense of well-being. And it's also a wonderful venue for meeting new friends. Maximum 8 students, registration is required. There is no cost to attend.



About the teacher:

Namaste! My name is Lynne Henshaw. After 15 years of practicing yoga, I decided to take yoga teacher training at the age of 53. Having recently graduated from Integrated Yoga Therapy Teacher Training Program, 200-hour level at Island Yoga Vista in Nanaimo, I am Canadian Yoga Alliance certified, and delighted to be teaching yoga.

Registration Open Now: Call 250-591-2924