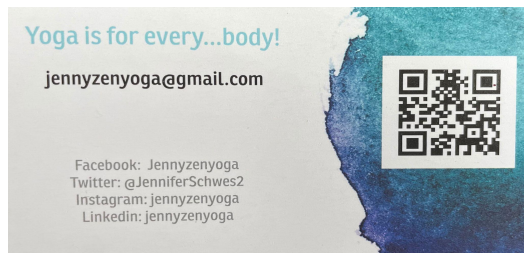


Gentle and Chair Yoga

with jennyzenyoga



INVESTMENT: \$5 per class drop-in rate

MONDAYS: March 7, 14, 21 & 28

Chair Yoga: 2:30-3:15 pm

@ Lakeside Lodge.

WEDNESDAYS: March 2, 9 (@Lodge),

March 23 & 30

Gentle Mat Yoga: 6:30-7:30pm

@ Timberland Hall.

Benefits of Gentle and Chair Yoga

- Modified movement with support
- Improve your balance
- Tone and strengthen your body
- Increase your flexibility
- Calm your nervous system
- Promote better respiration
- Cultivate body awareness

Important Class Notes and Tips

- Classes are per “drop-in” rate of \$5- no need to pre-book or credit for missed sessions.
- New students are welcome to join at any time.
- Please arrive 5 minutes early for your class.
- Wear comfortable, non-restrictive clothing (layers) and flat, flexible shoes with a broad base sole for stability (especially for chair yoga) Some students prefer to go barefoot.
- Bring a yoga mat (blocks, blanket, straps, and cushions if you already use them in your practice). Support items **WILL NOT** be provided due to Covid-19.
- Water/water bottle for hydration.

About Jennifer Schwester

- Registered Yoga Teacher- 200 with over 3 years experience teaching. Please visit www.jennyzenyoga.com for more information.