

Chair Yoga Outside

**Starting Tuesday, September 22nd
9:00-10:00am at the Cultural Center
Limited Space – \$10.00 a class**

Chair yoga can be safely practiced by seniors and people with weight challenges, injuries, and other health concerns. The beauty and discipline of yoga can help improve the lives of those around you by increasing strength and flexibility, leading to greater mobility.

- **This is a social distanced class outside**
- **Masks must be worn to and from the class**
 - **You can go to every class or just one**
- **Payment is due day of the class. Payment is by cash or check (made out to Patty Tavis)**
 - **Call Jill at 609-655-5760 no later than Monday, September 21st by 3:00pm to reserve a chair**
- **This class will run for 6 weeks until October 27th**



Patricia Tavis is a Certified Yoga Instructor for 30 years. She studied chair yoga extensively at The Center for Health and Healing in Toms River, NJ. She teaches young adults with special needs at Family Resources Associates in Shrewsbury. She also teaches at several retirement communities, a Senior Center and the Police Athletic League. Her areas of speciality are gentle and chair yoga, and she has a special interest in bringing yoga to seniors and those with special needs.