

Weekly Fridays at
11:00-11:45AM

chair yoga



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Regular class rates apply or \$8 per person walk-in

No Prior Yoga Experience Necessary - Everyone Welcome!

*Join Instructor **Carole Pompa** for a weekly Chair Yoga session to ease into a mindful Yoga practice that can bring increased strength, flexibility and mobility into your life! Carole is a certified E-RYT500 Yoga instructor who has been teaching Chair Yoga for over 10 years.*

Chair Yoga is a modified, gentle form of Hatha Yoga that is practiced sitting on a chair, or standing using a chair for support. Almost any traditional Yoga pose or move can be replicated and altered to accommodate Chair Yoga, and it is one of the gentlest forms of Yoga available as it invites you to find mobility in a way that is soft and gentle but also supportive and beneficial.

Chair Yoga is an ideal exercise for people who have difficulty moving through the up and down motions of traditional Yoga because Chair Yoga allows you to stay stabilized. Along with increased range of motion through holding poses on a chair, Carole will also incorporate pranayama breathing and introduce meditation techniques to assist in reducing anxiety and creating spatial awareness.

Chair Yoga really is a great practice for EVERYONE because it deepens flexibility and strengthens personal body awareness. Improved flexibility, relieving chronic pain, cramps and stiffness, and creating a happy mental state are just a few of the benefits Chair Yoga can provide for our bodies to benefit anyone.

Experienced Yogis who typically practice on a yoga mat may be surprised to find how toning and challenging holding Chair Yoga poses can be, as specific muscle groups are isolated while doing Yoga from a seated position in a chair!

The mindful, self-care principles you learn in Chair Yoga class can also be easily incorporated in your home or office (or wherever you have a chair) to relieve stress and prevent burnout whenever you need to, no matter where you are. With the amount of time people sit at their desks, in the car, or travel on long flights, Chair Yoga is a convenient way to bring increased circulation and exercise into our daily routines.



Pre-register: <https://www.updogyoga.com/rochester-class-schedule>



www.updogyoga.com 210 W. University Dr., Rochester, MI 48307 | 248.608.6668

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