

## Why our members love Chair Yoga with Elaine

Many thanks to Elaine Edwards for her very satisfying, beneficial leading and teaching of the twice weekly sessions of Chair Yoga. I have been attending Elaine's Yoga class since it began, and it has been most beneficial in several ways. For over 20-years, I have endured neck pain and headaches following a car accident. Physical therapy treatments gave no relief, but after several months of Yoga stretching and relaxing, my neck pain is gone. What a wonderful relief!

*(Catherine F)*

I love Elaine's chair yoga classes. In addition to helping all my muscles and joints, it has done more for my replaced shoulder than a year of physical therapy did, and it is not strenuous. She does a wonderful job and I would go every day if I could."

*(Carole M)*

Since I have been attending Elaine's chair yoga classes, I have had considerably less back pain and I enjoy going.

*(Bob T)*