

Join us for free sessions of

# Chair Yoga



9:15 am

Mondays

Conant Hall

This special program will be presented by Northern Westchester Hospital

Chair yoga is a way to offer the physical, mental and emotional benefits of mat yoga to those people who are unable to get on the floor for various reasons. It is a simple practice with a focus on safety and correct alignment on the chair. Breath work, acupressure, aromatherapy and guided imagery is incorporated into each class. The best part of this practice for seniors is that anyone and everyone can do some form of the class, using modifications.

Wear comfortable clothes.

To register contact Louise at (914) 764-8201 or email [prseniors@townofpoundridge.com](mailto:prseniors@townofpoundridge.com).

This program is co sponsored by the PR Recreation Department and Neighbor to Neighbor