

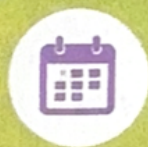
CHAIR Yoga

**Move Gently. Feel Better.
Live Well.**

Chair yoga is a gentle, accessible practice that supports strength, flexibility, balance and relaxation—all from a seated or supported position.



All bodies. All ages. All are welcomed.



**TUESDAY & THURSDAY
MORNINGS
9A – 10A**



**The First Church of Christ
Congregational, Bethany**
*511 Amity Rd.
Bethany, CT*



Improve flexibility
Increase strength
Reduce stress
Enhance well-being



Gentle
Supportive
Uplifting
For every body



BROUGHT TO YOU BY *Rushlow Wellness*

Any Questions? Reach out to Amy!

714 - 272 - 6992