

CHAIR YOGA



Join Marty Zurn, Kripalu RYT 500
4 week chair yoga series
Thursdays, 2:30–3:30
December 5th–December 26th

Looking to stretch, strengthen and restore balance in your body? Chair yoga is an adaptive yoga practice that allows you to stay seated while practicing yoga focused poses. It can be practiced by anyone who wants to enjoy the benefits of yoga, and may (or may not) have mobility limitations. Chair yoga is an accessible, inclusive way for yogis to experience the benefits of yoga, without stressing joints, worrying about balance, or supporting body weight.

\$35 for the series. Advanced registration is required.
For more information and to sign up, please call Marty at
508-326-4224 or martyzurn@comcast.net

Brewster Council on Aging • 1673 Main Street