



The Benefits of Chair Yoga

Wednesday, June 22, 2022
10 am

In-person ONLY at: Tallent Hall, Room 182

Please come, listen and learn, and join in as we do Cat & Cow, Cactus Arms, Wheels on the Bus, Pick a Peach, the Grand Canyon, Sit-to-Stand and Stand-to-Sit, Elvis Moves His Pelvis, Step Overs, Downward Facing Dog, Walk the Dog, and many others. No pose will last very long so that if one doesn't appeal, just wait a couple of minutes before moving to something else. About three-quarters of the hour is done seated at chairs, with about ten minutes of poses designed to improve balance, done behind the chairs, holding on if you wish.

Our instructor will point out the physical aspects of yoga, leaving the meditative or spiritual features to other practitioners. She will demonstrate why many poses have a positive effect on the body, even though they are not difficult to do. Then she will take participants through a typical class where stretches are explained and demonstrated. All participants without exception will realize that they can do far more than they arrived believing they could do. Modifications will be suggested and encouraged; nothing will be forced. The more one does, the easier it becomes; this is why "Motion is Lotion".

Questions? Contact JoAnn Shea at joaz44@hotmail.com or 262-554-8081

Fee: \$7 for Member and \$14 for Guests

Register by: 6/13/22

Please register online with a [Credit Card \(click here to pay with card\)](#) OR mail checks payable to UW-Parkside/ALL, [click here to print a registration form](#). Once your registration is complete you will receive a confirmation email. Then a few days before the class, you will receive an email reminder with instructions.

Adventures in Lifelong Learning

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Our presenter:

My name is Jana Gasiorkiewicz, maiden name Jamieson. I was born, raised and educated in Racine, until going to college. I spent my junior year of college as an “au pair” in Paris; that experience was the entire reason for my choice of major: French. While teaching French in Waukesha schools, I earned my Masters in French Language and Literature at UWM. Aside from a few years as a paralegal, my career was in teaching French for 32 years, the last 20 years for the Kenosha Unified Schools, ending at Bradford High School.

After retirement in 2011, when I was 62, I decided to try yoga. I was so taken with it that I became certified to teach it, but I always intended to teach chair yoga, not yoga on a mat. I started to teach at the end of 2013 and grew my business from there. I am in my second location after the first little church was sold. I moved to Covenant Presbyterian Church on Ohio Street (Hwy. Y in Kenosha). After five months of COVID quarantine, I offered Zoom classes and kept my twice weekly schedule for a year until I could return to the church. At that point, several people wanted to stay on Zoom, so now I Zoom the classes while I am teaching live.

