

Gentle Chair Yoga

Via Zoom

Fridays, 3:00pm – 4:00pm



- For older adults who are either chair-bound, have transfer ability, or are ambulatory.
- A gentler form of yoga can be done either on a chair or standing.
- Help participants maintain or improve their functional abilities and prevent falls.
- Improve flexibility, decrease stress and chronic pain.

Certified YOGA Instructor: Sriranjani Thayanathan

For more information or to register:

Call (416) 493 – 3333 x 820 or email at english@splc.ca

Older adults, seniors and family caregivers are welcome!



Senior Persons Living Connected

 info@splc.ca

 www.splc.ca

 (416) 493-3333

 fb.com/splcweb

3333 Finch Avenue East
Scarborough, Ontario
M1W 2R9

