

Chair Yoga

(10 Sessions)

Description:

- Low intensity chair yoga suitable for all
- A gentle form of yoga using a chair to support various yoga poses
- Help participants maintain or improve their functional abilities and prevent falls
- Improve flexibility, decrease stress and chronic pain

Dates: Sep 28, Oct 5, 19, 26, Nov 2, 9, 16, 23, 30, Dec 7, 2020 (Mondays)

Time: 9:30am – 10:30am

Venue: Senior Persons Living Connected - Recreation Room, 3333 Finch Ave East

Fee: \$25.00

Trial Session on Sep 28: \$3.00

Pre-registration required. NO drop-ins allowed.

COVID-19 Precautionary Measures:

1. Please wear mask. No mask No entry.
2. COVID-19 screening questionnaire will be asked during:
 - pre-registration,
 - a day prior to activity dates and
 - upon entering the building.
3. Keep physical distance with assigned seating.



For more information / registration: please call (416) 493 – 3333

Limited to 12 participants only. Priority given to those who registered in spring.

Older Adults, Caregivers of aging relatives are welcome!