

## VIRTUAL YOGA



- 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

### PROGRAM 1: Monday 9:30-10:30 AM

March 7, 14, 21, 28, April 4, 11, 18 & 25

### PROGRAM 2: Fridays 3:00-4:00PM

March 4, 11, 18, 25, April 1, 8, 22, 29

### BOOK EITHER PROGRAM FOR 15\$

YOGA Instructor: Sriranjani Thayanathan

For more information or to register:

Visit our website: [www.splc.ca/active-living](http://www.splc.ca/active-living)

Call (416) 493 – 3333 x 305 or email at [elsa@splc.ca](mailto:elsa@splc.ca)

Payment Methods: credit card/ mail in a cheque/ pay in-person

**Everyone is welcome**

*Recreation Programs partly funded by the City of Toronto –Community Service Partnership Programs,  
& Ministry of Health – Elderly Persons Programs*