**Free seated yoga class**

**Starting on Tuesday 4/18/23 at 11:00AM in the community room taught by Rima Sala. These classes will be weekly for 4 weeks**.

Chair yoga is a gentle practice that offers the same benefits of traditional yoga, of building strength and flexibility, and cultivating body-mind balance.  Each 45-minute session begins with exercises to open and deepen the breath, followed by modified stretching and strengthening yoga movements for all parts of the body.  The goal is to safely explore natural range of motion and to generate energy and strength, all while being seated. This is a totally non-judgmental, stress-free practice.

Bring your curiosity and a desire to increase mobility! No experience required!

Registration and the signing of a waiver will be at the first session. Please bring a yoga mat if you have one and some mats will be available. This class is designed to be performed seated and standing using a chair for support. The mat is used to keep the chair and you from slipping.

*This class is being made possible through funds from the rural health equity grant. More classes to follow: yoga, tai chi and Matter of Balance.*

*For questions feel free to call Peggy White 413-655-2020 or email* [*pwhiteperuboh@aol.com*](mailto:pwhiteperuboh@aol.com)