

HEALTH & WELLBEING

Chair Yoga & Mindfulness

Asana (practice of yoga poses), pranayama (the breath).

Chair yoga allows yoga to be accessible to those with limited mobility, difficulties with balance, joint pain, joint replacements, osteoporosis, arthritis and can help to lessen the impact of chronic illnesses and pain.

Chair Yoga Practice will train you to fine-tune your attention, whether by syncing your breathing with movement, focusing on the subtleties of the breath, or letting go of distracting thoughts. Reduce stress and improve mental clarity.

Being calmer and more relaxed inevitably leads to a greater feeling of happiness and well-being, which everyone can benefit from!

Cost: \$10 per class (+ \$20 Annual Membership)

Thursday 10.00am – 10.45am



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