



Chair Yoga

32 Court St.

2nd Floor

Exeter, NH 03833

Registration is requested:

Call: 603-773-6151

On-line: <https://exeter.recdesk.com/Community/Home>

Cheryl Rossman E-RYT500

Graduate YogaLife Institute

Specializing in:

Gentle, Chair, Restorative, Prenatal Yoga,
Therapeutic Exercise for Seniors,
Certified Children's Yoga Instructor, Radiant
Child Yoga for Differently-Abled Children, Yoga
for Teens & Pediatric Yoga

cheryl.rossman.eryt@gmail.com

Thursday 1:00 -1:45 PM

6 week session /\$10.00 resident

6 week session/ \$45.00 non-resident

2025

FEB 27 MAR 6, 13, 20, 27, APR 3

The poses and sequences are thoughtfully and carefully chosen to help you:

- gain and maintain range of motion
- move your body with ease
- prevent falls
- happy feet exercise to increase your sense of balance.

We stretch, strengthen, and coordinate the left and right sides of the body keeping the brain active. Poses are carefully selected with everyone in mind.

Always remember to honor your body--- modifications are always available and nothing should ever be painful. This class is designed for anyone who would like a gentle relaxing yoga class---the chair is always there for you if you need it. Come join us, it is a social event!

Bring a mat, strap, tennis ball and water.

Minimum of 5 people required to hold class.