

Chair Yoga with Cheryl

Tuesdays: Aug. 4, 11, 25 Sept. 1, 15, 22



Description: 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.

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

Registration: Registration for residents begins **Wednesday, July 8 at 8:15am** and **Wednesday, July 15 at 8:15am** for non-residents. Registrations are open to Exeter and surrounding towns, on a first-come, first-served basis. Registrations are accepted at the Exeter Community Center during our business hours in person, over the phone, online or by mail. Payment must be paid at the time of registration. Max. 18 students per class.

Instructor: Cheryl Rossman E-RYT500 is a graduate of YogaLife Institute and a registered member of Yoga Alliance, specializing in Gentle, Chair, Restorative, Prenatal Yoga, and Therapeutic Exercise for Seniors. She is a certified Children's Yoga Instructor, Radiant Child Yoga for Differently-Abled Children, Yoga for Teens & Pediatric Yoga.

Location: Exeter Community Center located at 10 Hampton Rd. Exeter, NH.

Fee: See table below for dates, times and fees. Please make a check payable to E.P.R.D. Visa, MasterCard, Discover, Apple Pay & Google Pay accepted. Sorry, no refunds unless the program is cancelled. There will be a \$20.00 fee Charged for each returned check

Dates	Times	Resident	Non-resident
Tuesdays, Aug. 4 - Sept. 22 *No class on Aug. 18 or Sept. 8*	11:30am - 12:15pm	\$22.50	\$45

Exeter Parks & Recreation Department
10 Hampton Road Exeter, NH 03833
www.exeternh.gov/recreation
603-773-6151