



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

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Chair Yoga

Exeter Recreation Building

32 Court Street, 1st floor

Exeter, NH 03833

Registration is requested:

603-773-6151

Wednesday 9:30-10:15 AM

6 week session/ \$45.00

Jan 8, 15, 22, 29, Feb 5, 12

AND

6 week session/ \$45.00

Feb 19, 26, Mar 4, 11, 18, 25

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!

Snow policy: SAFTY FIRST! If SAU 16 cancels school our class is canceled, if there is a delay our class will be held at the regular time.

April 1 & 8 will be held open for snow cancelations and sessions will be adjusted accordingly.

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