

Bolton United Chair Yoga Program

Participation is free, however, limited to 12 individuals. To Reserve your spot call: 905 857 -2615 Mon to Thurs mornings or email us at office@BoltonUnitedchurch.com

Chair yoga is a gentle practice in which yoga postures are performed while seated in a chair. It is a great form of yoga for everyone including beginners or anyone who wants to focus on a gentle practice.

This class will help increase flexibility, strength and body awareness. Breathing techniques will be incorporated to promote focus, mental clarity and relaxation

Students are asked to dress in comfortable clothing and bring a water bottle. Please self screen for any symptoms of Covid or any other illness before attending

You will be required to sign a Waiver of Liability before class.

Taught by an experience and qualified Yoga Instructor

Brought to you under an Ontario Trillium Fund grant