

Chair & Gentle YOGA CLASSES



- Saturday, Feb. 3: **Assumption Conference Room** (Lower Level of VMCC)
Saturday, Feb. 10: **Assumption Conference Room** (Lower Level of VMCC)
Saturday, Feb. 17: **Assumption Conference Room** (Lower Level of VMCC)
*Saturday, Feb. 24: **Mother Madelaine** (Lower Level of VMCC)
(*10:00 Chair; No 11:00 Class on Feb. 24*)

10:00-10:45am CHAIR (Feb. 3, 10, 17, 24)

11:00-11:45am, Gentle Yoga, (NO CHAIR) (Feb. 3, 10, 17)

Cost: \$5.00 per class (cash only - come as you are able)

Assumption Conference Room

Located in Villa Maria Community Center; Enter off of Evergreen Road; Entrance #4; Park in Employee parking (next to large white barn) and then enter sliding doors in building across from parking lot. Receptionist can direct you to the room.

Mother Madelaine Room

Located in Villa Maria Community Center; Enter off of Villa Marie Rd.; Entrance #1; Follow outdoor posted signs to the room.

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No experience necessary, bring a yoga mat and/or beach towel

Poses adjusted for those that need to be seated in a chair for the whole class

Gentle Yoga is great for a FIRST Class or for those who want longer stretches, less up and down movement and more relaxation. This class focuses on right posture alignment and breathing. Great for new yoga students, those that are nursing injuries or who have special needs.

Instructor: Carol Huncik carolhuncik@gmail.com