

Chair & Gentle YOGA CLASSES

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10:00-10:50am CHAIR
11:00-Noon, Gentle Yoga, (NO CHAIR)



Saturday, October 20: **Begel Commons** (Begel Hall) **11:00 CLASS ONLY**

Saturday, October 27: **Mother Madelaine** (Lower Level of VMCC)

\$10.00 (Suggested Donation per Class) (cash only - come as you are able)

\$5.00 (Sisters of the Humility of Mary and Members of other Religious Communities)

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Begel Commons

Located in Begel Hall; enter off of Evergreen Road, Entrance #4. Follow VMESC Parking Signs; Begel Hall is the building to the left. Enter door by the posted "Yoga" sign.

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