

# Chair & Gentle YOGA CLASSES



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10:00-10:45am CHAIR

11:00-11:45am, Gentle Yoga, (NO CHAIR)

Saturday, July 7: **Mother Madelaine** (Lower Level of VMCC)

Saturday, July 14: **Mother Madelaine** (Lower Level of VMCC)

Saturday, July 21: **Begel Commons** (Begel Hall)

Saturday, July 28: **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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## Mother Madelaine Room

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

## 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. *\*If using a GPS, please  
enter "2067 Evergreen Rd, Pulaski, PA 16143".*

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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](mailto:carolhuncik@gmail.com)