

Chair & Gentle YOGA CLASSES

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10:00-10:45am CHAIR
11:00-11:45am, Gentle Yoga, (NO CHAIR)



Saturday, June 2: **Assumption Conference Room** (Lower Level of VMCC)
Saturday, June 9: **Mother Madelaine** (Lower Level of VMCC)
Saturday, June 16: **Assumption Conference Room** (Lower Level of VMCC)
Saturday, June 30: **Mother Madelaine** (Lower Level of VMCC)

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

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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