

Senior Chair Yoga



樂坐瑜伽



CHAIR YOGA

Chair Yoga is one of the gentlest forms of yoga. Students perform postures and breathing exercises with a chair. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction.

瑜伽可以幫助放鬆身體、心靈, 椅子瑜伽運用椅子作輔助工具做一連串簡單運動: 呼吸練習, 伸展身體, 能改善平衡及增加活力, 達到心情放鬆

Fee 費用: *\$15 /session
or \$5/class for non member

6 classes session: 週二 Tuesday 3:30-4:15pm

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| Class dates: | 1/15 | 1/29 | 2/12 | 2/26 | 3/12 | 3/26 |
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***** 歡迎 50 歲或以上人仕加入成為會員 *****
*****Welcome 50+ years old to join as member*****

*Class participants must be a current AACJ Senior Wellness Center Silver/Gold card holder. Class Payment: Early registration is recommended due to the popularity of the class. Refunds will not be issued to participants. Waiting List Policy: If you register for a class that is full, your name will automatically be placed on a Waiting List system. If a space opens, we will notify you by phone. We recommend registering at least one week prior to the class because if a class does not meet the minimum number of students, it will be cancelled.

Space limited 名額有限

查詢詳情, 請與職員聯絡 please contact:

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