

Chair Yoga Anyone?

THE ADVANTAGES OF CHAIR YOGA ARE MANY:

- ☯ Inclusive of all levels of practice, especially comfortable for practitioners new to yoga.
- ☯ Very beneficial for older students, those with healing injuries, or those who have trouble getting up and down off from a yoga mat easily.
- ☯ The chair provides a more stable base from which to move.
- ☯ Has the same health benefits as a mat class.



Beth Wernham, YTT-300, has been offering chair yoga classes since 2011. With her background and training, she has taught both mat and chair yoga to many students, and is committed to providing alignment, guidance, and modifications as needed for each person in her classes.

WE Yoga believes that yoga should be accessible to everyone. All students are invited to try chair yoga. And if you know someone who might benefit from this class, new students are welcomed. The first class is free to all new students.