

Introducing our newest activity ...



CHAIR YOGA

with instructor,
Stephanie Rottacker.



Stephanie has been practising Yoga for over 20 years and specializes in the therapeutic aspects. This gentle, accessible chair yoga class is designed specifically for people aged 50+ who want to improve mobility, strength, balance and relaxation in a safe, supportive way. **All movements are done seated in a chair or standing with the chair for support - there is no getting down on the floor, and no yoga mat is required.**

The class focuses on:

- improving joint mobility and range of motion
 - building functional strength for daily activities
 - supporting balance and posture
 - reducing stiffness and tension
- encouraging calm breathing and relaxation.

Come and give it a try for 2 'Trial days'

4 to 5 pm on March 3 and March 10

\$5/day - Pre-registration required

If there is enough interest to continue, a 10 week program will run from April 7 - June 9 at *4 to 5 pm*

\$70.00 (includes Activity Fees)

**A minimum of 15 Pre-registrations Required by
March 20th. Must be a member.**

Cash, cheque or e-transfer lakecountryseniorscentre@gmail.com
Wednesdays OR Fridays 10 am - 2 pm