

Gentle Chair Yoga: More Information

Tuesdays at 2PM

Heritage Presbyterian Church

1951 Mathews Rd, Youngstown, OH 44514

\$6.00 per person

Walk-Ins Welcome and Encouraged!

Discover a soothing yoga practice that gently strengthens both your mind and body, while staying completely seated in your chair. In this class, we combine easy movements with calming breath exercises and meditation to help you feel more connected and grounded.

Perfect for anyone seeking gentle stretching and relaxation, this class is suitable for all levels, including those with limited mobility. Join us to unwind, recharge, and explore the benefits of mindful movement together.

Our motto is that yoga is for everybody. We encourage you to come as you are, try your best, and let it be enough! We are always a judgment free zone.

The class time usually runs between 40 and 50 minutes.

Please note that classes may be canceled on an as needed basis due to inclement weather, personal and family emergencies, acts of god, or due to church conflicts that may overlap with our class.

If you are interested in additional or private small group classes, please email me at peacewithpaige@gmail.com

We look forward to seeing you!

Namaste