

Stretch, Breath & Relax

## A one-hour class, once a week in the comfort of your own chair and home.

## This class is especially beneficial for people who sit a lot but not entirely, it is for everyone who feels they need to breathe better, stretch better and be a better version of themselves.

## Imagine, consciously moving with your breath, expanding your capacity to breathe deeper, for longer, and effortlessly…

## Week by week you will get stronger, more agile, more flexible, and more mindful….

## Get ready to notice the difference…

# This is the class for you. See you on the Chair!

Yoga on & off the Chair

## A one-hour class, once a week in the comfort of your own chair and home.

## This class is geared up for working the larger muscles groups, toning abs, hips openers, upper and lower body stretching, breath work, awareness and more…

## Get chair ready….

# This is the class for you. See you on the Chair!