

Chair Yoga for Seniors

With Marlene Gallagher

6 week session

Mondays @ 1:00 pm

October 19th, 26th,
November 2nd, 9th,
16th and 24th

Free of charge

Bedford Free Library
Village Green
Bedford, New York

Registration required
914-234-3570
www.bedfordfreelibrary.org



Chair Yoga is a safe and gentle way of achieving the benefits of yoga for individuals who have exercise limitations due to age, inactivity, medical conditions, or injury. It is also a valuable form of exercise for those without limitations. Participants will practice deep breathing, stretching, and strengthening exercises and can expect to increase flexibility, strength and stamina. Improved balance, concentration, and self-awareness, as well as reduced stress levels are also "side-effects" of a regular Chair Yoga practice.

Marlene Gallagher is a certified Yoga teacher and has taught various levels of yoga for over 7 years. Bringing the principles of yoga to everyone, especially those who think they can't do yoga, has been the focus of Marlene's teaching for the past several years