

CHAIR YOGA

Chair Yoga is a yoga practice for those who may have difficulty getting up and down from the floor. Part of the practice consists of moving into poses while seated in a chair and part of it is done while using the chair or a wall for support while moving into standing poses. There is emphasis on breathing, relaxation, strength, flexibility and balance. Adaptations and adjustments are made for each person as necessary to allow him or her to gain the most from the yoga practice.

Chair Yoga happens on Fridays at 8:00 AM

Chair Yoga is taught by Pamela Borchert, RYT 200, PT.

Pam is a certified therapeutic yoga teacher, registered with the Yoga Alliance.

She is also a licensed physical therapist.

Please dress so you can move easily.

Yoga is performed barefoot, so you do not need special shoes.

Yoga equipment is available for trial.

Cost is \$5.00 suggested donation per session.

CONTACT INFORMATION

Pam Borchert
(989) 464-6044

APlex
701 Woodward Ave
Alpena, MI 49707
(989) 356-6164

