



**NEW WEEKLY OFFERING @ SHAKTI YOGA CENTER
AFTERNOON CHAIR YOGA
STARTING WEDNESDAY, JANUARY 3rd @ 4PM
TAUGHT BY IRENE COHEN
CERTIFIED CHAIR YOGA INSTRUCTOR*
& 20 YEAR YOGA PRACTITIONER
(*LAKSHMI VOELKER CHAIR YOGA PROGRAM)**

Feeling like you need to limber up but not ready (maybe never ready) for a traditional yoga class? Turn those “bad knees” into better knees, hips that ache into hips that rock, a back that hurts and slouches into one that is stronger and more flexible than you would have ever imagined! And learn to breathe in a way that will bring vitality and happiness into every cell of your body!

Absolutely no prior experience in yoga is necessary

\$17 drop in fee

\$130 10 class card fee

(cash & checks only – no credit cards)

Bring a yoga mat or rent one for \$1

All other props provided

**Comfortable exercise clothing and bare feet are all you need.
Shakti Yoga Center is a “no judgement” zone.**