## CHAIR YOGA SERIES with Joanne Picot

## 9:30 am to 11:00 am on:

January 17<sup>th</sup>, 2020 February 21<sup>st</sup>, 2020 March 20<sup>th</sup>, 2020

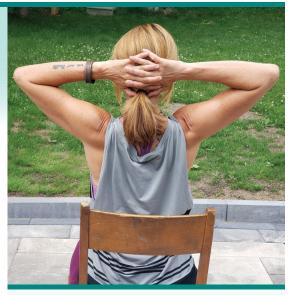
Chair Yoga is one of the gentlest forms of yoga available. Participants will perform postures and breathing exercises with the aid of a chair. Experience the many benefits of yoga without having to get up or down from the floor.

## **Chair Yoga benefits include:**

- Increased balance
- Strength, flexibility
- Range of motion
- Stress reduction

**Location:** Mosaic Home Care & Community Resource Centre, 2900 Steeles Ave East *Program will be held in mall centre court. Free parking available.* 

**Cost:** \$5 for each session Collected at the beginning of each session



Joanne Picot has a history of working in the health wellness and fitness industry and has graduated from Yoga Alliance Canada-Certified Yoga Teacher.



Registration for this program opens January 6<sup>th</sup>, 2020 To register contact us at 905.597.7000 or info@mosaichomecare.com



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