

# 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](mailto:info@mosaichomecare.com)**



*What a difference we make®!*

**Mosaic Home Care Services & Community Resource Centre**  
2900 Steeles Avenue East, Suite 218, Markham, ON L3T 4X1

Tel **905.597.7000** | Fax 905.597.5446

**[www.mosaichomecare.com](http://www.mosaichomecare.com)** | [info@mosaichomecare.com](mailto:info@mosaichomecare.com)

Located at the Shops on Steeles and 404 | Lower Level by Centre Court  
Free parking and elevator access

