

Chair Yoga

Come Join Us Every Monday, Wednesday, and Friday!
3pm - 4:15pm



WHO IS IT FOR?

Chair Yoga is for all ages, all beginners, mobility issues, it is especially good for those dealing with obesity, and great for post physical therapy.

After Physical Therapy: What Should I Do?

Many doctors are recommending chair yoga once patients have completed physical therapy. Chair Yoga adapts traditional yoga poses so that they can be done with a chair for support, making yoga more accessible for people who cannot stand for long periods or can not get up and down off the floor. When you picture people practicing yoga, do you imagine impossibly supple, young people bent into all sorts of shapes no human should be able to get themselves into? If so, then you'd be surprised to hear that yoga can be incredibly beneficial for people with mobility issues, including elderly people and those with disabilities. Make sure to get your doctor's approval before beginning any exercise. If you're nervous about getting started with a yoga class, this is a safe and easy way to get started.

1

BENEFITS

Improves flexibility, balance and muscle tone.

2

BENEFITS

Increases circulation and speed injury recovery.

3

BENEFITS

Reinforces positive attitude and enjoy supportive classmates.

Rates

Single class - \$10
10 Class pack - \$80

Reserve your spot now

(760) 346-2988

or

Book online at

coachellayoga.com



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