



## CHAIR YOGA AT THE ROTTERDAM SENIOR CENTER

Discover the many benefits of a gentle yoga practice in a supportive, friendly environment. Chair Yoga at the Rotterdam Senior Center is designed for individuals of all fitness levels who are looking for a safe and accessible way to improve their physical and mental well-being.

### What to Expect:

**Gentle Movements:** The class is centered around a chair, which provides stability and support for all poses. This makes it ideal for anyone with limited mobility, balance concerns, or chronic pain.

**Increased Flexibility:** Through a series of seated and standing stretches using the chair for balance, you'll work to increase your range of motion and reduce stiffness in your joints.

**Improved Strength and Balance:** Chair yoga helps you build strength in your core, arms, and legs, which is crucial for maintaining independence and reducing the risk of falls.

**Mind-Body Connection:** The class incorporates mindful breathing and relaxation techniques to help you reduce stress, calm your mind, and improve your overall sense of well-being.

**A Welcoming Community:** Join a group of your peers for a fun and social activity that promotes connection and support.

### Details:

**When:** Every Monday from 10:00 AM to 11:00 AM

**Where:** Rotterdam Senior Center

**Cost:** \$5 per class

No prior yoga experience is needed—just a willingness to move, breathe, and feel better. Come as you are and leave feeling refreshed and revitalized!