

# CHAIR YOGA SERIES



Tuesdays 12:00-12:45 p.m. &  
6:00-6:45 p.m.

Dates: 4/2/19, 4/9/19, 4/16/19, 4/23/19

Only \$10 per class or \$36 for the whole 4 week series

For office workers or those who sit for durations, injured individuals who can't use a mat on the floor, retirement or anyone who may need the use of a chair. Chairs will be provided. In this series, we will work on yoga postures while using the chair for added support. The yoga postures will help increase mobility, reduce pain and tension, correct posture that is slowly injuring the spine, help digestion, perform exercises for forearm tension and carpal tunnel relief or prevention, plantar fasciitis, ankle mobility and many more benefits.

**Please sign up if possible, but not required, to**  
[TrueHealingMassageGF@gmail.com](mailto:TrueHealingMassageGF@gmail.com) or 701-370-8438.



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HEALING**

Massage, Yoga & Wellness

**2397 Demers Ave. Unit B, Grand Forks, ND 58201**