

Chair Yoga



Thursdays, April 4-May 16, 2019

10 am-11 am

Larry P. Fleschner Memorial Classroom

The Maple Center, Suite 400

1801 N 6th Street

Terre Haute, Indiana

Cost: \$10 per individual class or
\$50 for a series of 6 classes
Scholarships available

Free

This is a unique program for all, who would like to discover yoga but need modification due to illness, injury, limited range of motion, age, etc. We will use a chair and other props, if needed, to support you in your practice!

This is a drop-in class.



The class instructor will be Devaki, she is an international experienced yoga teacher (E-RYT 500+) since 2000. She holds a master's degree in psychology from the University of Cologne, Germany. She is also a licensed massage therapist and certified Ayurvedic health counselor.

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