

# Alexandria Community Center Chair Yoga

## Wednesdays 9:15am-10am

*Join Kim for \*FREE Yoga classes (using a chair for seated & standing yoga poses. It's good for the body and the mind!*

*\*Free with a Walking Membership*

---

While seated on chairs, students can do versions of twists, hip stretches, forward bends, and mild backbends. We'll also have the option to stand to practice standing poses and balance. In addition to a good stretch, chair yoga participants can also enjoy other health benefits of yoga, including improved muscle tone, better breathing habits, reduction of stress, better sleep, improved balance, increased bone density and a sense of well-being.

