



Chair Yoga

Please dress comfortable. We will be doing a 20-minute chair yoga class with breath and stretching that will help pick your energy up throughout the day. This is a basic class so great for anyone, even if you have never done Yoga. If you have any injuries, please don't push yourself. I can give you some modified poses or you can pick one of your favorites to put in its place.

It is not mandatory to have your camera on during zoom, but it is preferred so everyone gets the benefit of feeling like you are in class and in addition makes it easier if anyone has questions or needs modifications along the way. Looking forward to seeing everyone Saturday. Don't hesitate to reach out with questions.

Kind Regards,
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