



# CHAIR YOGA CLASS

## **Free 6-week series with required registration**

This chair yoga series is suitable for ALL levels and abilities.  
No previous experience is necessary.

You will be guided through low-impact asanas (postures) from the comfort of a chair to increase flexibility, strength, and balance. Modifications for each asana will be given as needed. Additionally, you will be guided through breathing exercises and meditation to promote wellbeing while strengthening the connection between mind and body. Traditionally, yoga is practiced barefoot, however, you may choose to wear flat soled shoes or socks. Wear comfortable clothing that allows you to move freely.

### **Instructor- Shae Cowfer**

Shae is a 500HR Registered Yoga Instructor and has been studying and practicing Yoga and Ayurveda for 5 years.

### **REGISTER**

By e-mail to [office@otterumc.org](mailto:office@otterumc.org) or  
Call the church office at 301-739-9386

Every Tuesday, in-person  
@ 4:30 - 5:30PM from  
February 21st- March 28th,  
2023

Otterbein United Methodist  
Church  
108 E Franklin St.,  
Hagerstown, MD