

# CHAIR YOGA in ASL

Instructor: Leonarda Ehl



*"I love Chair Yoga with Leonarda. I have fun. I feel younger and happier.  
I can't wait for Sundays mornings."*

~ Svetlana, 67, Deaf Participant, MD, USA

Movement is medicine. As we get older, we must keep our bodies moving. Chair Yoga is movement for the WHOLE body: Head, Arms, Legs, etc but most important, the SPINE. The spine is what truly determines our "age". A flexible spine keeps us youthful and healthy; alert and energetic; and helps to maintain good posture; especially as we age. Chair Yoga is a great and gentle way (and sometimes challenging, too) to improve both muscle strength and overall flexibility. Leonarda will also teach Breathing techniques to help calm the mind; especially during COVID times. Class taught in ASL.

4 Sundays

**Dates:** May 23, 30, June 6, &13, 2021

**Time:** 11:00 am to 12 noon PST

**Where:** in your home on Zoom

**Cost:** \$ 65 CDN for all 4 classes (\$16.25 CDN per class)

Includes one 30 min REPLAY at the end of the 4 weeks.

**Drop in:** \$20 CDN

Minimum of 5 peeps for class to go ahead.

Can't afford?

Scholarships available. No one turned away for lack of funds.

To register, email: [Leonarda@yogapah.com](mailto:Leonarda@yogapah.com)