



## Seated in Christ Gentle Chair Yoga

Everyone can enjoy the benefits of yoga. And it's not necessary to get on the floor to explore this gentle and effective system of health that creates strength, flexibility, and balance. This program will include gentle poses done in a chair. It is perfect for anyone dealing with movement challenges. Soft breath work and breath prayer will be included to increase our awareness of the presence of God within our bodies. A restorative relaxation and meditation will be integrated at the end of each class.

**Presenter: Michelle P. Carlino**

B.A. in Special Education and Communications; Certified in Christian, Hatha, and Kripalo Yoga Instruction.

**Date/Time:** Thursday, October 17, 2019 (7:00pm-9:00pm)

**Place:** Upper Room Spiritual Center  
3455 W. Bangs Avenue, Bldg. 2  
Neptune, New Jersey 07753  
(732) 922-9550 or e-mail: [office@theupper-room.org](mailto:office@theupper-room.org)

**Fee:** \$25 - \$50

**Registration with a \$15 deposit or full payment required by October 10th**

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**Gentle Chair Yoga**

**Thursday, October 17, 2019**

**Name:** \_\_\_\_\_

*(If using credit card, please make sure name is as it appears on credit card)*

**Billing Address:** \_\_\_\_\_

**City/State/Zip** \_\_\_\_\_

**Phone: (H)** \_\_\_\_\_ **(C)** \_\_\_\_\_

**Email** \_\_\_\_\_ **Amt.Enc.** \_\_\_\_\_

**Credit Card#** \_\_\_\_\_ **Exp. Date** \_\_\_\_\_ **Sec. Code** \_\_\_\_\_

**Please mail to the Upper Room at the above address.**