



## 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.

**Dates:** Thursdays, June 14 & 21, 2018

**Time:** 7:00 pm – 9:00 pm

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

**Fee:** \$35 - \$50

*You may come to one or both sessions. If you come to one session only the fee is \$20-\$25.*

**Registration with a \$15 deposit or full payment required by June 6<sup>th</sup>**

---

---

### Gentle Chair Yoga, Mondays, June 14 & 21, 2017

Name: \_\_\_\_\_  
(if paying with credit card, please make sure name is as it appears on credit card)  
Address: \_\_\_\_\_  
City/State/Zip \_\_\_\_\_  
Phone: \_\_\_\_\_ cell \_\_\_\_\_  
Email \_\_\_\_\_ Amount Enc. \_\_\_\_\_  
Credit card # \_\_\_\_\_ Exp. Date \_\_\_\_\_ Sec. code \_\_\_\_\_