



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.

Presenters: Cathy Larsen (Week 1) & Michelle P. Carlino (Week 2)

Certified Yoga instructors.

Dates: Thursdays, June 21 & 28, 2018

Time: 7:00 pm – 9:30 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

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 14th

Gentle Chair Yoga,

Thursdays, June 21 & 28, 2018

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.