



# CHAIR YOGA

## Benefits

- Improve body awareness
- Increase strength
- Focus on flexibility and balance without fear of falling
- Small classes allow for individualized adaptation of yoga positions

**Mondays and Wednesdays**  
**1:00 pm - 2:00 pm**  
**Classes begin 8/1/16**

**Small group class for people recovering from and living with neurological injuries such as:**

**Stroke**  
**Brain injury**  
**Spinal cord injury**  
**Parkinson's disease**  
**Other related conditions**

**Taught by a licensed physical therapist**

## Where

**Healthy Living Center**  
**419 N 11th Street**  
**Boise, ID 83702**  
**(Corner of 11th and State Street)**

## To Register

**Email: [mary.biddle@ymcatvidaho.org](mailto:mary.biddle@ymcatvidaho.org)**  
**Phone: 208-344-5502 Ext. 276**

## Cost

**Monthly: \$55.00 Non Y-Member**  
**\$30.00 Y Member**

***Financial Assistance Available!***

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**Wheelchairs  
Welcome**

