



CHAIR YOGA

Benefits

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

Where

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

To Register

Email

mary.biddle@ymcatvidaho.org

Phone

208-344-5502 Ext. 276

Cost

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

Mondays and Wednesdays
1:00 pm to 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 or other related conditions. Taught by a licensed physical therapist.

Wheel chairs
 Welcome



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