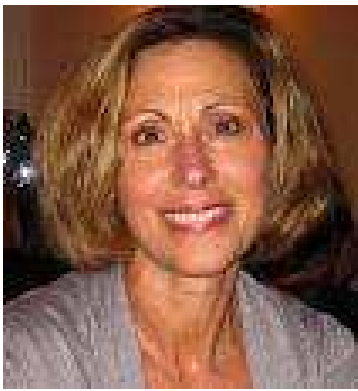


# LIVE WELL @ THE JCC

## CHAIR YOGA

**INSTRUCTOR: Karen Rosen**



Nourish your body and mind in this guided stretch using a chair as an extension and support for your body. Increase your mobility and calm your mind. Each class will include guided breathing and inner stillness and relaxation. All poses can be modified to fit all body types. For your comfort please wear loose, comfortable clothing. This class can also be done standing.

*Karen Rosen has been a registered Yoga instructor since 1995. She is a member of the International Association of Yoga Therapists. She enjoys bringing the many benefits of yoga to all.*

**DATE: WEDNESDAYS, MARCH 15, 22, 29 April 5, 19, 2017**  
**TIME: 12:00—1:00 PM**  
**COST: FREE for Community Campus Member; \$36 LIVE WELL @ the JCC Membership for non-members entitles one to attend all LIVE WELL @ the JCC Wellness classes January—June 18, 2017. *MUST REGISTER!!!***

*Sorry, No Refunds*



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