

**YOU CAN DO
CHAIR YOGA
at any age!**



Chair Yoga is designed for those who need to improve balance, flexibility, strength and inner calm. You do not get on the floor or need a yoga mat. All ages and physical conditions are welcome. Wear loose clothing, and do not eat a large meal before class. Drop-in, or sign up for a series of classes. New student special discounts available.

New Classes beginning January 4, 2016

Garden of the Heart Yoga Center

Mondays, 2-3 pm with Harmony Ananda Joyce

2888 Ringling Blvd., Sarasota, FL

Fridays, 2-3 pm with Eva Saunders

www.GardenoftheHeartYoga.com

941-341-9781

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