

March 2022

# Chair Yoga

Yoga for EveryBody

Mt. Lebanon Recreation Department  
900 Cedar Blvd. 2<sup>nd</sup> Floor  
Pittsburgh, PA 15228  
412-343-3409  
[www.mtlebanon.org](http://www.mtlebanon.org)

**ENTRANCE / EXIT: Mt. Lebanon Recreation Center – 2<sup>nd</sup> Floor Lobby Entrance only!**  
**WHERE: Mt. Lebanon Recreation Center, 2<sup>nd</sup> Floor in Room A**

Certified yoga instructor *Cindi Ballard* and staff will lead you in a series of simple movements to strengthen and stretch your whole body while seated in a chair or wheelchair.

Regardless of your age, Chair Yoga is accessible, gentle and for everyone. Chair Yoga combines conscious breathing, purposeful movement, and mindful meditation. Some benefits of Chair Yoga are lubrication of joints, increased immunity, increased oxygen in the body / mind, and improved focus and clarity. It will also restore balance, increase energy and is a deeply relaxing experience.

If you are concerned with getting down on the floor, maintaining balance, or if you have suffered from injuries or chronic conditions, this class is perfect for you.

**WHO:** Adults

**EQUIPMENT:** Bring bottled water and wear comfortable clothes

**INSTRUCTOR:** *Cindi Ballard and staff*



**ACTIVITY INFORMATION:**


ACTIVITY NUMBER	DAY	ACTIVITY NAME	2022 DATES 7 WEEKS 8 MINIMUM TO RUN THE CLASS	TIME	RESIDENT FEE	NON-RESIDENT FEE
W22-2023	Wednesday	Chair Yoga	March 9 - April 20	11:30 a.m. - 12:30 p.m.	\$ 49.00	\$ 54.00
W22-2024	Walk in	Chair Yoga	March 9 - April 20	11:30 a.m. - 12:30 p.m.	\$ 9.00	\$ 9.00

**NSF CHECK POLICY:** An administrative fee of \$20 will be added to each occurrence of a returned check

**REFUND POLICY:** Refund requests must be made a minimum of 7 days prior to event. See [www.mtlebanon.org](http://www.mtlebanon.org) for details

**QUESTIONS:** Please call the Mt. Lebanon Recreation Department (412) 343-3409

**REGISTRATION:**

**Online** - Register for as many programs as you like, all you need is your MasterCard or Visa. Save time by registering online today! Go to our website at [www.mtlebanon.org](http://www.mtlebanon.org), click the  button on the bottom of the page, then click "Register Online" in the middle of the page.

**In person** – Mt. Lebanon Recreation Department 2<sup>nd</sup> floor, Monday through Friday 8:30-5:00 p.m., closed Saturday and Sunday  
**Make checks payable to:** Mt. Lebanon, PA Visa, MasterCard, & Debit Cards accepted

LeboALERT – A FREE notification service (phone, text, e-mail). In the event of an emergency and to provide you with updates about cancellations and recreation department programs and events. Please visit [www.mtlebanon.org](http://www.mtlebanon.org), hover over Services at the top of the page. Under Information Technology Office, click LeboAlert. All recreation participants should sign up, and at minimum select the "Cancellations" category.



LeboNet - Free wireless in the Mt. Lebanon Recreation Center

MW YOGA & PILATES CHAIR YOGA MAR 2022 01-4232-34104-000 REV 3-1-22