

Chair Yoga

Yoga for Everybody

SEPTEMBER – NOVEMBER 2022



ENTRANCE / EXIT: Mt. Lebanon Recreation Center 2nd Floor Lobby
WHERE: Mt. Lebanon Recreation Center, 2nd Floor in Room A
TIME: Please note class starts and ends on time.
Make up classes are not given.

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

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

If you are concerned about 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 & wear comfortable clothes
INSTRUCTOR: Cindi Ballard & staff



ACTIVITY INFORMATION:


ACTIVITY NUMBER	DAY	ACTIVITY NAME	2022 DATES 7 WEEKS	TIME	RESIDENT FEE	NON-RESIDENT FEE
F22-2083	Wednesday	Chair Yoga	SEPT 21 – NOV 2	11:30 a.m. - 12:30 p.m.	\$ 49.00	\$ 54.00
F22-2084	Walk in	Chair Yoga	SEPT 21 – NOV 2	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 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, 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 2nd 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, 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