

A woman is shown in a yoga pose, sitting on a chair with her legs extended to the sides and her arms raised above her head. She is wearing a light blue top and dark pants. The background is a plain, light-colored wall.

*Life Fit, Inc.*  
*Get Fit With Us!*

*Christ United Methodist Church Classes*

410 North Holden Road

Register now – limited space in classes! **Yoga**

**Therapy/Chair Yoga**

2009-2010 Sessions:

Sept 10 – Oct 29 , 2009

Nov 5– Dec 3, 2009

Jan 7 – Feb 25, 2010

March 4 – April 29, 2010

Thursdays 12:15 – 1:15

\$80/8 week session or \$12 drop in

This class is designed to use the rehabilitative aspects of yoga for back care issues, injury preventative and recovery, physical issues and limitations.

Class format is mostly sitting down in a chair with some standing work.

Homework and handouts in each class.

To register call Mona Flynn: 580-5833

[Lifefityoga@bellsouth.net](mailto:Lifefityoga@bellsouth.net)

[www.lifefityoga.com](http://www.lifefityoga.com)

Please note these classes don't meet in

June, July and August.