

# WINTER 2018

## Chair Yoga for Adults

**Tuesdays**  
**January 23 – February 27**

(6 week class)

**11:00 AM to 12:00 PM**

Code: 110010-N

Yoga is for everyone. If you are brand new to yoga, here is a good place to start! This class will introduce you to the basic foundational poses and techniques of yoga. You will learn a basic group of warm-ups, asanas (physical poses), basic breath awareness and deep relaxation. You'll be taught safe alignment and proper breathing in each pose so that you can experience the benefits of yoga from the very first class. You'll learn how to modify any of the poses with chair support to make them accessible to your individual needs. It is an effective approach to developing flexibility and strength and encourages deep relaxation. Chair yoga also offers a transformation for those with physical limitations. This class will improve your overall Health, Mind, Body and Soul.

**Wear comfortable clothes and no slip socks to class.**



## CHAIR YOGA

**Instructor: Cari Trenhaile**

**Instructor Bio**— Cari has received her 200RY-T training in 2014 through Focus Yoga in Brookfield. She received her 95RHY-I in 2014 certifying her in Holy Yoga Touch and Chair Yoga. Cari is Yoga Alliance Registered. She's been practicing yoga for 10+ years.

**Fees Per Session:**  
**\$48.00 Resident / \$54.00 Non-Resident**

**CRWC**  
CRESTWOOD RECREATION  
& WELLNESS CENTER

**5331 W. 135th Street**  
**Crestwood, IL 60445**  
**708-371-4810**

**DON'T WAIT—REGISTER NOW**  
**18 years and older**  
**PRE-REGISTRATION IS REQUIRED**