

Easy Yoga

This program is for anyone who has wondered what yoga is and how it works. Movements are done sitting on a chair or using the chair for balance, and are appropriate for all body types. Yoga helps improve breathing, mobility and can ease everyday aches and pains.

Program Type [Single](#)

Time 1 hour

Audience Size 5 min - 20 max

Language English

Audience Elderly/Disabled, Adults

Season All Year

Topic Wellness

Region Western, Central

Program Contact

Lisa Enzer

Phone [413-800-4337](tel:413-800-4337)

Email lisa.enzer@gmail.com