



# CHAIR YOGA

• SIT AND BE FIT •

IT HAS BEEN DOCUMENTED TO: IMPROVE CORE STRENGTH AND BALANCE  
INCREASE FLEXIBILITY, PROMOTE MOBILITY, IMPROVE MENTAL HEALTH AND POSITIVE FEELINGS  
INCREASE OXYGEN INTAKE, PROMOTE BETTER BREATHING TECHNIQUES  
HELP REDUCE STRESS AND THE EMOTIONAL RESPONSE TO STRESS, & CONTROL WEIGHT

MONDAY AND WEDNESDAY  
9:30AM - 10:30AM

PERRY PARK SENIOR CENTER  
2308 ROCKEFELLER LN,  
REDONDO BEACH

PLEASE REFER QUESTIONS TO: REDONDO BEACH SENIOR AND FAMILY SERVICES 310 318.0650