

# GENTLE CHAIR YOGA

## **BENEFITS OF CHAIR YOGA:**

- **IMPROVES STRENGTH**
- **IMPROVES FLEXIBILITY**
- **REDUCES STRESS AND IMPROVES MENTAL CLARITY**
- **OPPORTUNITY TO MEET PEOPLE AND SOCIALIZE**
- **IMPROVES STRESS AND PAIN MANAGEMENT**



## **WHERE:**

**BCYF Grove Hall  
Senior Center  
51 Geneva Avenue  
Dorchester, MA 02121**

**For More  
Information  
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