

# Chair Yoga for Seniors



At Spencer House Senior Centre, 5596 Morris St.

In class we will:

- Ease joint stiffness with gentle movement
- Use breath to relax and to have more energy
- Cultivate good posture
- Soothe aches and pains
- Mindfully strengthen and stretch
- Have fun!



Rebecca Davies Wilson is a Registered Yoga Teacher who teaches therapeutic and accessible yoga classes in Halifax.

For more information, her website is [gentlyogahalifax.com](http://gentlyogahalifax.com)

To learn more, inquire at Spencer House

Beginners welcome!