

Tsung Tsin Association Of Ontario
3880 Midland Avenue, Unit 17, at Passmore, Scarborough, Ontario

Energizing Chair Yoga Exercise Classes

Over 5000 years old, yoga has been known to improve overall health when practiced regularly, and it's the oldest total health discipline known to man. It helps eliminate toxins from the body and boosts the immune system. No equipment is required to achieve maximum benefits.

Basic Chair Yoga is designed for people who find it difficult to stand for long periods of time, they remain seated for the entire class. **Advanced Chair Yoga**, (seated and standing) is a gentle but very effective form of yoga, beneficial to everyone including seniors. Whether you are experiencing job related stress or in your day to day life, it helps to promote a deeper and more restful sleep; balance and flexibility; relief from stress, tension and is very effective with most types of pain management e.g., joint pain; arthritis, muscle stiffness and much more.

While on holiday, you can continue some yoga exercise, this will keep your body flexible and energized during those long flights, bus and train trips.

Tuesday: January 14th, - March 3rd, 2020

Friday: January 17th, - March 6th, 2020

Instructor: Sathia Ramasamy

10:30 - 11:30 a.m.

**STUDENTS CAN START AT ANYTIME AND PAY ONLY FOR
THE REMAINING CLASSES**

8 sessions - \$40.00
(Fees are due at first class)

Coordinator: Marjorie – Call: 905-831-1805 Email: mlluesang@gmail.com