



CHAIR YOGA

In the summer and fall of 2023, THRIVE! Southern Lorain County funded the wildly popular Chair Yoga classes at LCCC-Wellington Center.

Chair Yoga is a more gentle form of yoga. Its benefits include increased mobility, flexibility, strength and relaxation, with pain and stress reduction.

Some comments from participants:

“Thanks for the great classes!” -Anna Binnie

“This program is great just the way you taught it. Can’t wait for the fall session to start. Chair yoga has really helped me with my balance.” – Cindy Reynolds

“I look forward to this class every week. I love how I feel after: motivated, less back pain due to the stretching. Instructor has a calming voice, she is very good with her class; patient. Glad to see a fall session but would like to see written poses so we could do it at home between sessions or more often during the week.” – Hania Conley

The last 2023 class was held on December 14, but classes will resume on Wednesdays beginning January 10, 2024, at 10 a.m., at LCCC-Wellington Center, 151 Commerce Drive, Wellington.