

Tea and Crumpets ... and Chair Yoga?

Margaret Swendseid
THRIVE! Southern Lorain County



January 29, 2019 -- Those who might not be able to practice traditional yoga now have a more gentle option with "chair yoga" - literally performing exercises using a chair.

[Herrick Memorial Library \(Website | Profile\)](#) and Deb Lansman, R.Y.T., of [Lansman Shape Shop](#) in Wellington, have joined forces to offer the classes beginning Thursday, February 7, at 10:30 a.m. The 30-minute classes will take place every Thursday at that time, followed by a 30-minute social gathering -- not with crumpets, but with tea and cookies.

The classes are free, although a donation is appreciated.

Relaxing and Social

"While the class is geared toward older adults, anyone who struggles with stability can also benefit," says Deb. "Chair yoga is a fun, relaxing way to do stretches, calm the mind and simply get together to chase away the winter blues.

"We will use a chair to do all the poses. This helps create stability and strengthens the muscles," she adds.

Just as important, Deb wanted to add a social component to the classes: "Enjoying a cup of tea together helps people relax. It provides an opportunity for them to share their experiences, create a bond and support each other. It makes a big difference to those who are reluctant to try a new exercise program - and helps them stay with it," she says.

[THRIVE! Southern Lorain County \(Website | Profile\)](#) is funding the tea and a variety of cookies, some of which will be sugar-free.

Participants are asked to pre-register by calling Herrick Memorial Library at 440-647-2120. The classes will be included on Live Healthy Lorain County's "United We Sweat" [calendar of events](#).

About Deb Lansman, R.Y.T.

Deb Lansman is a Registered Yoga Trainer, which required 200 hours of rigorous training as recognized

by the Yoga Alliance. Owner of fitness company Lansman Shape Shop, a THRIVE! Partner, Deb has been involved with Yoga Fit for 10 years. In March Deb will travel to Kentucky to study the benefits of yoga on PTSD and trauma. This will conclude another 100 hours of her training to become a "Trauma Sensitive Yoga Trainer." In addition, Deb teaches Young at Heart and Fusion classes, and starting on February 5, 2019, she will be conducting a new Pilates class.

About THRIVE! Southern Lorain County

THRIVE! Southern Lorain County is committed to increasing access to affordable opportunities to live healthier through improved nutrition, increased physical activity and informed behavioral health - all to reduce the risks of heart disease, diabetes and obesity in the region. The organization proudly serves the communities of Brighton Township, Camden Township, Huntington Township, Kipton Village, Pittsfield Township, Rochester Township, Rochester Village, Wellington Township and Wellington Village. THRIVE! is generously supported by a grant from [United Way of Greater Lorain County](#) ([Website](#) | [Profile](#)).