

INTRODUCTION TO CHAIR YOGA

SATURDAY, SEPT. 19TH @ 1:00



Join Niccola Nelson for an introduction to chair yoga workshop. Chair Yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using the chair as support. This class is perfect for every BODY and is a great way to relax head to toe! Enjoy the benefits of yoga in a safe, gentle and fun environment. We will also incorporate meditation and breathing techniques.



- Saturday, September 19th from 1:00 to 2:30
- Cost: \$25 – 10% for SLO Yoga Center members
- SLO Yoga Center, 672 Higuera St #200, SLO
- Register at www.sloyogacenter.com/events or (805) 598-7100

Niccola Nelson is a passionate teacher who approaches and introduces yoga in a fun, unique and non-competitive way. She firmly believes in the benefits of a daily yoga practice and hopes to inspire you to find your own path!