

# Chair Yoga

"As the Director of Recreation at Sunrise Westfield, I am so pleased to be able to offer the special Chair Yoga classes that the Center for Special Needs gives. The instructors take such good care of our residents. They look forward to the class - it's often the highlight of their week! The residents feel positive and energized as well as relaxed after each class. I feel it is a benefit to Sunrise to be able to share these wonderful classes."

*Ashley Anne Randolph  
Sunrise Senior Living of Westfield, NJ*



- ★ A **very gentle** introduction to Yoga for elders and anyone needing extra support for their body.
- ★ Focus is on **simple stretching** and **gentle strengthening** while the student is **seated or standing by a chair** for support.
- ★ **Breathing, relaxation** and visualizations are part of every class.
- ★ Chair Yoga is **suitable for those using a wheelchair** or walker.



**For more information please contact  
The Royal Pathways, Inc.**

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