

# Gentle Chair Yoga



Yoga is a safe and effective way to increase physical activity that also has important psychological benefits due to its meditative nature.

Other benefits:

- increase muscle strength
- improve flexibility
- enhance respiratory endurance
- promote balance
- reduce negative emotions such as anxiety and aggressiveness

Fall prevention is covered in most Chair Yoga classes.



\$35 a month

Fridays: 2:00 p.m.– 2:50 p.m.

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