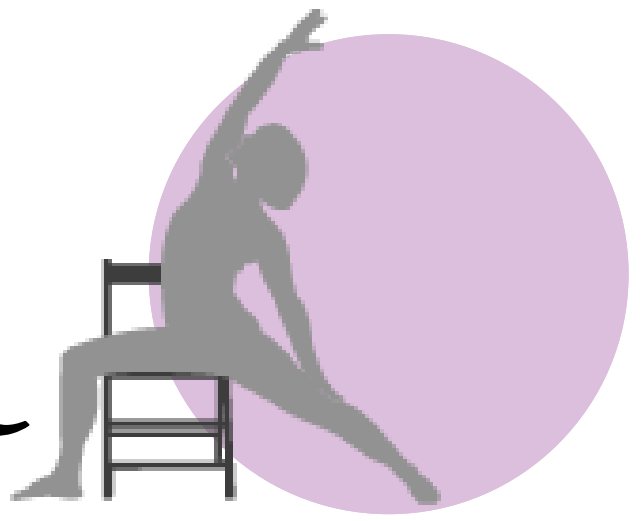


# Chair Yoga



**You**

**balance**

**strength**

**breath**

**mental  
clarity**

## Chair Yoga for Everyone

Wednesdays, September 10, 17, 24,  
October 1, 8, 15 from noon to 1:00 pm

## Evergreen Park Public Library

Certified yoga instructor Joan Zigulich of Yoga Pathway will lead you in a series of simple movements to strengthen and stretch your whole body while seated in a chair. Regardless of your age, Chair Yoga provides the same benefits of a traditional yoga practice with the support of a chair. If you are concerned with getting down on the floor, maintaining balance or if you have suffered from injuries or chronic conditions this class is perfect for you. It is also ideal for people that work in cubicles or travel frequently. This practice will increase strength, flexibility, range of motion and will reduce stress.

Registration is required. For more information  
and to register call 708/422-8522 or click  
[www.evergreenparklibrary.org](http://www.evergreenparklibrary.org)