



THE THIRD WEDNESDAY SPEAKERS SERIES

sponsored by

AGE-FRIENDLY CORTE MADERA, TWIN CITIES VILLAGE,
CORTE MADERA PARKS AND RECREATION & AGE-FRIENDLY SOLUTIONS

presents

Chair Yoga

CURIOS ABOUT YOGA, but not interested in getting up and down off the floor? This is an introductory class on **CHAIR YOGA**, designed for those who have difficulty maneuvering into traditional yoga positions. We will use standing and seated movements and stretching techniques that increase range of motion, improve posture, restore flexibility and increase breathing capacity. This is a fun and uplifting class that will leave you with a smile and an overall sense of well-being.

Speaker: Megan Scott, PhD.
Dr. Scott brings over 20 years of training and practice in mind-body self-regulation techniques that promote self-healing and wellbeing.

Date: November 15, 2017
Time: 1:00 - 2:30 PM
Place: Central Marin Police Authority
Community Room
250 Doherty Drive, Larkspur

