



## Senior Chair Yoga

**Chair yoga is for anyone seeking to increase flexibility, strength and balance;  
For those recovering from an illness or injury;  
For anyone looking to move, renew and reconnect with their body.**

**WE WILL REMAIN IN CHAIRS. NO FLOOR WORK**

### All Levels Welcome

**WHEN:**

Thursday 11:30 am - 12:30 pm

**WHERE:**

Panther Valley Ecumenical Church  
1490 County Rd 517  
Hackettstown

**COST:**

Package of 4 Classes for \$32 (\$8 a class)

or

\$10 Drop In Fee for One Class

**EQUIPMENT REQUIRED**

Please bring a yoga mat and wear comfortable clothing. Yoga is traditionally practiced in bare feet.

**TEACHER**

Kate McGuinness (Yoga Alliance RYT-200) owner of Stillpoint Yoga Studio Blairstown, NJ.

**NEW  
CLASS  
LOCATION**

**FOR MORE INFORMATION / TO REGISTER:**

**Please contact Kate McGuinness at**

**[info@stillpointyoga.net](mailto:info@stillpointyoga.net) or 908-578-5475.**

***Walk-ins are always welcome, but advance registration is helpful if possible!***