



CHAIR YOGA WITH TRACY LAKE

**Saturdays:
10:45 am to noon**

**Natural Connection Wellness Center
313 Fourth Street, Huntingdon, PA 16652**

**Please bring yoga mat, yoga block, yoga strap,
and water as needed. Some supplies will be
available.**

**For information, please contact Tracy Lake of
Lake House Herbs at
lakehouseherbs@gmail.com or 814-506-7107.**

**FOR AGES 13
AND ABOVE**

**COST:
\$5**

Chair yoga is a gentle form of Hatha yoga. It allows for modifications of traditional poses which, in this form of yoga, are done either sitting in the chair or standing either behind or in front of the chair, using it as a support. Chair yoga is particularly good for those who find it challenging to move between floor postures and standing postures as well as those who find balancing challenging.