



**Gentle, Easy, Safe**

# CHAIR YOGA

**LOCAL, RIGHT IN YOUR BUILDING!**

Enjoy a yoga practice not limited by pain or past injury by participating in chair yoga. If you are working with balance, looking to start slowly or just would feel more confident with the support of a chair.

Benefits:

- Ease of stress, pain & fatigue
- Aid in joint lubrication, balance & even age specific issues like menopause & arthritis.



**Amanda Wagner**

Registered 200 HR Yoga Teacher, Prenatal Yoga, Pilates & Sculpt.

As an athlete, mama & yogi, Amanda has a well-rounded understanding of how the mind & body function together. With a love to teach & inspire, Amanda practices and continues her education to keep her students safe, informed and motivated.

**CALL 443-524-0442**

**for more info or to Register!**



**Harbor Physical Therapy**

575 South Charles Street, Suite 201  
Baltimore, MD 21201