

CHAIR YOGA

also for Wheelchair Users

Jean McDonald (IYA dip)

Six week: MONDAYS 7:00 – 8:00 pm

YOGA, BREATH AWARENESS & RELAXATION

THE NOVARA CENTRE

To book phone 086 363 7314 or 01-2722317

When muscles stretch, tension releases restoring relaxation and peace of mind. Breathing practices release pent up emotions, strengthens the diaphragm and lifts the mood. They are particularly important for people who have to remain seated all the time.

While research demonstrates that exercise, at any stage, maintains, and improves the health of the body-mind. Wheelchair Yoga is the ideal way. This class is suitable for anyone whose mobility has been impaired by Acquired Brain Injury, Stroke, Arthritis, Parkinson's, Motor Neuron disease, MS. Wheelchair Yoga can help to rebuild core strength, improve muscle tone, memory and respiratory function.

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