

Yoga Returns in the Fall!



Both Chair and Mat Yoga will again be offered in the Fall on the same day – Wednesdays beginning on September 2, 2026, for eight-week sessions each with Chair Yoga starting at 4:00 pm and Mat Yoga starting at 5:30 pm. Both sessions will be one hour in length. The last class for both will be held on October 21, 2026.

Everyone participating will need to sign a waiver of liability before beginning their first class. The waiver will be good for one year. As always, a goodwill offering will be accepted at each class to help defray costs of our use of the Fellowship Room space at Chestnut Hill Church UCC, located at 6870 Chestnut Hill Church Rd. in Coopersburg, where the class will be held.

Feel free to invite a friend, family member, or neighbor to join you because yoga is for everyone! Benefits of yoga are many including - helps to increase circulation; helps to strengthen muscles; improves flexibility; improves range of motion and mobility; improves proprioception; lubricates joints; helps to reduce pain; improves balance; helps to reduce stress and calm the mind; helps to improve concentration; and can promote better and more restful sleep.

Please bring along your own mat, a yoga strap (or bathrobe belt/man's necktie), yoga blocks, and a tennis ball – all props will be used to assist with your yoga practice. There will be a few extra props made available for use during the classes should you not have these items.

I look forward to seeing everyone and beginning our yoga practice together. If you have any questions or concerns, please feel free to call me at 610-751-1909 or email buchtecl@ptd.net. Please arrive a few minutes early prior to class so that class can begin promptly.

Namaste,
Cindy Buchter