

Clocks have “Sprung” forward to Daylight Savings Time Which Means
Both Chair and Mat Yoga are starting up again!



Beginning on Monday, March 14, 2022, and continuing for 10 weeks, join me from 4:30 – 5:30 pm each Monday afternoon for chair yoga – getting fit where you sit.



Beginning on Wednesday, March 16, 2022, and continuing for 10 weeks, join me from 5:30-6:30 pm each Wednesday for mat yoga – benefits which go way beyond the mat.

Invite a friend to join you because yoga is for everyone! Benefits of yoga are many, including: increases circulation; strengthens muscles; improves flexibility; improves range of motion and mobility; improves proprioception; lubricates joints; reduces pain; improves balance; reduces stress and calms the mind (aids in relaxation); helps to improve concentration; and can promote better and more restful sleep.

You can attend one class or all on either/or/both Monday and Wednesday. Classes will be held in the church Fellowship Hall at Chestnut Hill Church UCC. Please call 610-751-1909 or email buchtecl@ptd.net to let me know you will be joining in or if you have any other questions. While classes are offered freely to all, a free will offering will be accepted to help cover the costs of the use of the church facility. Please bring along your own mat (for mat yoga), a yoga strap (or bathrobe belt or man’s necktie), yoga blocks (or a towel), and a tennis ball – all props will be used to assist with your yoga practice. I look forward to seeing you at class!

Namaste,

Cindy Buchter