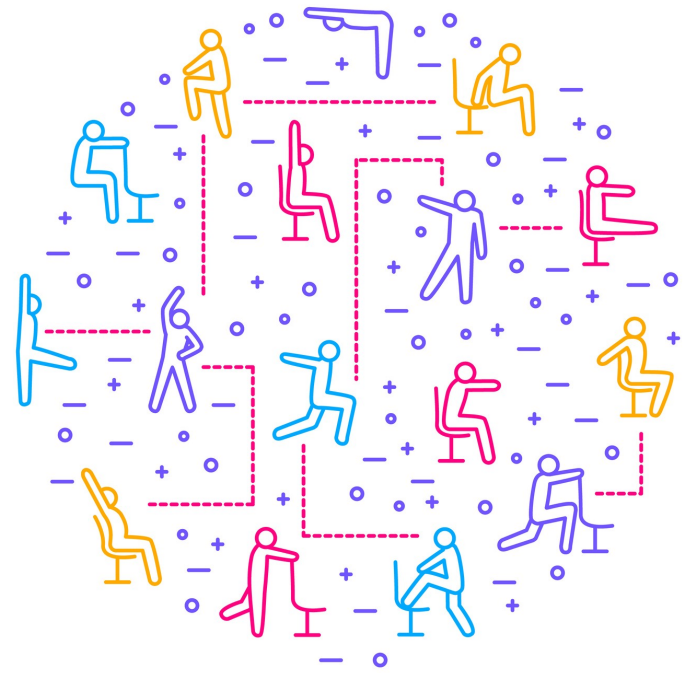


Adaptive Chair Yoga



**Six week Zoom program to
improve mindfulness, flexibility,
health and well-being**

This program is a virtual zoom chair yoga practice suitable for individuals who are unable to participate in a floor practice. Appropriate for all abilities to improve flexibility, strength, balance and reduce stress. This program will provide guidance for safe and appropriate breathing exercises (pranayama), physical postures (asana), and mindfulness techniques. Specific modifications to promote healing and to ensure comfort will be discussed with each participant prior to the course.

Where: Meets via Zoom (link will be sent to participants)

Who: 5 to 10 participants per cycle

When: Tuesdays, time TBD, for 6 weeks

Cost for 6 Week Program: \$75 for new participants
and \$60 for returning participants (non-refundable).



About the Instructor: Barbara Jackson also known as "Babz" is an occupational therapist, certified yoga teacher, certified in yoga4cancer, LoveYourBrain, Yoga for Trauma training, and reiki attuned. Babz is a certified lymphedema therapist specializing in manual lymph drainage and currently works in an orthopedic setting specializing in upper extremity impairments. Babz integrates her clinical techniques into her yoga practice. Babz has studied the effects of yoga & mindfulness with multiple populations. She is eager to introduce her six week wellness program to help to teach and support those who are unable to engage in a typical yoga class.

To Sign Up: Please email the instructor Barbara Jackson at bjackson8@partners.org to be provided with an intake form. If you have questions about if this class is appropriate for you, please don't hesitate to e-mail Barbara.