

# Maria's Chair Yoga

**Every Tuesday  
10:45-11:30am**

**Live Oak Senior Nutrition & Service Center  
111 Church Street, Los Gatos. Ca. 95030**

No registration required. Just show up 5-10 minutes before the session starts.

**Questions?**

**(408) 354-0707**

## **About Maria's Chair Yoga**

This chair yoga class is a well-balanced, 45-minute session designed to meet the needs of seniors of all abilities. The class focuses on improving balance, strength, and flexibility through a series of gentle stretches and mindful movements, all performed while seated, using a chair for support, or free standing based on your comfort and ability levels.

Maria's expertise in yoga ensures that each pose is accessible and beneficial, regardless of individual fitness levels. Her clear instructions and compassionate guidance create a welcoming atmosphere, encouraging participants to engage at their own pace. This inclusive approach allows everyone to enjoy the physical and mental benefits of yoga, promoting overall well-being and a sense of community among the class members.