



## Gentle Chair Yoga for your wellness journey!

Join us for FREE yoga classes where accessible movement can promote peace and relaxation.

We will stretch, strengthen, build balance, and practice breathing techniques through a heart-centered, mindful approach.

Come as you are. All are welcome. No experience necessary.

### **South Pointe Hospital**

2000 Harvard Road, 1<sup>st</sup> Floor, West Wing Classroom  
Warrensville Hts., Ohio 44122

### **Mondays**

September 12, 2022 – December 12, 2022 (no class November 21<sup>st</sup>)  
4:30 pm – 5:30 pm

Visitor Parking in front of the hospital. Enter through South Pointe Hospital Main Entrance.

Walk-ins welcome | In-class registration | Bringing your own yoga mat is encouraged; a limited number will be available for use.

For more information or questions contact: [yoga@ccf.org](mailto:yoga@ccf.org)