

[www.wellspringYOGAnm.com](http://www.wellspringYOGAnm.com)

Special 6 week series!

# GENTLE CHAIR YOGA

with Patsy Gaetano

Feb 6-Mar 13, 2010

Saturdays 8-9:15am

In this Yoga class students will practice Yoga in a manner that is slow paced, gentle and supported. All postures will be practiced either seated in a chair or using the support of the chair while standing. Modifications and alternative poses will be offered as needed. Students will be encouraged to respect the limits of their bodies, while exploring individual means of expansion within those limits. Simple and safe methods of increasing both flexibility and strength will be offered.

**Price: \$90 for 6 weeks**

**Drop-in rate \$18**

**Register:**

[wellspringYOGAnm@earthlink.net](mailto:wellspringYOGAnm@earthlink.net)

**body. soul. community.**

wellspring YOGA 5500 SAN MATEO NE ALBUQUERQUE NEW MEXICO 87109

**505.881.2187**