

Chair Yoga



Chair Yoga is a weekly class that helps to improve the wellbeing of participants with mobility and underlying health issues. Our tutor works around individual needs whilst keeping the class safe and accessible for all. People say that it helps to improve asthma and back pain and helps them relax.

About this Activity

Yoga is a physical, mental, and spiritual practice or discipline, that aims to transform body, mind and spirit. The term yoga is derived from the literal meaning of “yoking together” a span of horses or oxen, but came to be applied to the “yoking” of mind and body.

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. The main components of yoga are postures (a series of movements designed to increase strength and flexibility) and breathing. Yoga is ideal for helping to reduce stress, anxiety and developing muscle tone. It also aids concentration and generally lifts your mood. You will be able to share health needs with the tutor so that they can adjust exercises to your individual requirements.


Accessibility Information

- This class is held in a wheelchair accessible space.

 Date

Every Friday

**Fri,
3rd Nov
2023**

 11:00am - 12:00pm

 Price

Free

 In-Person

**Old Fire Station
Community Centre
84 Mayton Street,
London
N7 6QT**

