

Chair Yoga

Chair Yoga offers the same benefits of traditional yoga without weight bearing or floor work. All poses & exercises are practiced while sitting in a chair or standing using a chair for support. This class is suitable for people with arthritis, back, hip or knee injuries, impaired balance & other physical limitations. The **Health Benefits** of regular yoga practice are numerous, it improves strength & flexibility, relieves pain & reduces stress, helps with inflammation and increases circulation. **Wellness for Everybody!**

Please wear comfortable clothing and bring a water bottle to class.

INSTRUCTOR: Ellen Cohen, Registered Yoga Instructor

LOCATION: Youth Center – Lower Level

DAY/TIME: Mondays 9:30 – 10:30 AM

DATES: February 23rd to March 16th

FEES: \$40.00 – Village Residents (VBMR) **Register starts December 10th**
\$45.00 – School District Residents (BMSD) Non-Residents (NONR) **Register starts December 17th**

REGISTRATON: **Registration begins Monday, December 10th at 9:00 am**



Chair Yoga – Winter 2026

Fees: \$40.00 Village of Briarcliff Residents and \$45.00 School District/Non- resident (BMSD/NONR)

NAME: _____ **PHONE:** _____

The undersigned hereby recognizes that there are inherent risks involved with participation in this program and agrees to release and hold harmless the Village of Briarcliff Manor, its employees, contractors and volunteers, of any liability whatsoever in connection with any damages and/or injuries that the abovenamed person may sustain as a result of participation. If medical emergency arises, instructors will call 911. I give permission to be transported to hospital and necessary treatment provided by hospital medical staff. I have read and fully understand the above acknowledgement of risk, release / indemnification and covenant not to sue. I have signed this document of my own free will, and agree to the terms outlined herein.

Signature _____