



The Yoga Solution
20 YEARS

5290 Elvas Avenue
Sacramento, CA 95819
(916) 383-7933

www.TheYogaSolution.net



Chair Yoga 4 Week Series

May and June
with Diane Holland

NOW TWO DAYS A WEEK!

These 4 weeks series are designed for people with physical challenges, who are seeking a slower-paced yoga practice. The classes are also valuable for teachers looking for alternative poses for their students who may require them.

Using a chair to explore the variations of many poses, students will gain personal body awareness through poses individualized for each student. This series will focus on yoga poses intended to improve balance, strength and flexibility. Each class will also include a brief meditation and breath awareness techniques.

**** Please dress in comfortable, non-restrictive, clothing. ****

PLEASE NOTE

Both days have now been Sold Out. Please contact Diane or the studio to check on availability or to be placed on a waiting list.

Diane Holland began studying yoga in 2008. She finished her 200-hour teacher training in 2013, here at the Yoga Solution.

Diane has completed the *Yoga for Seniors* teacher training program, is a certified *Relax and Renew*® and *Yoga For Healthy Aging* instructor. She continues her yoga practice not only by teaching but also as a student under many instructors. If you wish more information about attending this series email

Diane : 55plusyoga.diane@gmail.com

or :

Jennifer : Jennifer@TheYogaSolution.Net

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Tuesdays

(No classes April 25th or 27th)

May Series

May 2, 9, 16, and 23

June Series

May 30, June 6, 13, and 20

Thursdays

May Series

Mar 4, 11, 18, and 25

June Series

June 1, 8, 15, and 22,

(No classes June 27th or 29th)

11:00 - 12:00 noon

Cost : \$45

or

**\$78 for both Tues and
Thurs 4 Week Series**

Drop In - \$15