

Gentle Chair Yoga and Meditation

November 15, 2022

Noon – 1:00 pm

Virtual Session - Microsoft Teams

Look inward and feel the calm sensations within as we practice gentle chair yoga and meditation together virtually. We will practice the diaphragmatic breathing technique which helps to calm the nervous system while the instructor guides you through Gentle Chair Yoga. We will also practice with a meditation. Come and experience this ancient technique from the comfort of your own chair!

Meet Your Instructor

Dana McAllister Armenteros is a certified yoga instructor and a member of Yoga Alliance. She discovered the benefits of yoga 3 years ago and became an instructor to guide others with these gifts. In addition to teaching various forms of yoga at different studios in the Tri-County area, she also teaches corporate yoga at local corporations and non-profits as well as volunteers in the area. She enjoys salsa dancing, yoga, cooking new meals, and spending time with family.

Registration Options:

Register online at <https://bit.ly/OakFit-ChairYoga>

If you are unable to attend after registering you will be sent a link to view the recorded session.

For questions, contact Dawn Hunt at huntd@oakgov.com • (248) 858-5473

