



A series of Zoom courses designed to create community and conversation around spiritual life, encouraging older adults to learn, grow and share together.

Chair Yoga Mid-Day Stretch and Strength

Think you can't do yoga because those downward dog things look too difficult and it's too hard to sit on the floor?

Chair yoga is a gentle way to improve your flexibility, balance, and strength without sitting on the floor. While optional standing poses with the support of a chair will be offered, you can participate fully while sitting. Exercise in the privacy of your own home/room or grab some friends and participate together. You'll feel better, discover better balance in mind, body, and spirit, and you will laugh and have fun.



Facilitator: Lee Schroder, Certified E-RYT 500 Yoga Alliance, Reiki Master

Lee has taught more than 4,000 hours of Yoga and Meditation classes to adults of all ages and fitness levels, including those with health challenges and developmental disabilities. When her husband was

diagnosed with Parkinson's and CTE, she left her job as a National Training Director in retail to seek the training she desired to improve quality of life for others.



Day/Time

Mondays from 3:30-4:00 (EDT) (NOTE TIME CHANGE) , beginning 10/3 through 11/21 (8 sessions)

What You'll Need

Computer/tablet/phone on which you can watch via Zoom; a chair (a cushioned chair is best so when standing your hand easily reaches the back of the chair); and the desire to develop flexibility, strength, balance, focus, and self-awareness.

Offered to You at No Cost

Thanks to donations from generous supporters and a grant from the United Church of Christ Heartland Conference, the UCH Parker Center is able to offer Enliven programs at no charge. Your only commitment is to participate in each session or let the facilitator know if you can't be present.

To Register, www.UnitedChurchHomes.org/enliven/

