



GOLDEN YOGA

with Barbara Levitt

Wednesdays, starting February 3rd, ongoing

3:00pm-4:00pm

\$10 per Class

Presented online through Zoom for participation by computer, tablet, or call in by phone.

Golden Yoga is a classical yoga, adapted by the SKY Foundation, to accommodate those who have difficulty getting up and down from the floor. The practices include stretching, breathing, relaxation, and meditation techniques - all done while sitting in a chair or standing.

Barbara Levitt, author of *Golden Yoga: You Can Do It*, has practiced and taught Classical Yoga under the direction of Dr. Vijayendra Pratap for more than forty-five years. Barbara is Secretary of the SKY Foundation and is a yoga instructor for the Jefferson-Myrna Brind Center of Integrative Medicine.

Contact Mariangela at 215-247-4654 or msaavedra@chestnuthillpres.org to register!

Payment information and link to join sent after you register.