

RESTORATIVE STRETCH

(previously called Restorative Chair Yoga)

WHEN: EVERY TUESDAY 6:30 - 7:30 PM
EVERY FRIDAY 3:30-4:30 PM
EVERY SATURDAY 10:00-11.00 AM
11:30AM -12:30 PM
Please arrive 5-10 min before the class!

LOCATION: LONGWOOD REHABILITATIVE SERVICES
2629 West State Road 434
Longwood, Florida, 32779

CALL TO SAVE YOUR SPOT: 407-774-1716

COST PER 1 CLASS: \$15.00 (When purchased set of 5 = \$75)
\$18.00 (Individual class)

CLASS SIZE: 6 PEOPLE MAX

CLASS DESCRIPTION: This class is a 60 min of **SLOW** yoga based exercise routine mixed with **STRETCHING, STRENGTHENING, BALANCING, BREATHING, & MEDITATION** activities.
No need to get on your knees or on the floor!
All workout takes place sitting on the chair, standing & on the treatment tables.
This class will improve your flexibility, core strength, postural awareness, sleep, golf swing, pain & anxiety. It will teach you how to relax and focus.

WHO IS THIS CLASS FOR: **Anyone who is limited with moving to & from the floor, has aches and pains, joint implants or previous surgeries that makes traditional exercising difficult & unsafe, or feels constant muscle and joint stiffness and limitations.**
This class will offer a safe and professional rehabilitative environment to improve strength, flexibility, balance and stability while emphasizing proper breathing, core focus, relaxation and mindfulness of one's body awareness and well-being.

WHAT TO WEAR & BRING: Comfortable stretchy workout clothes and workout shoes. Bring your own water bottle.
Shoes are optional: you can practice with or without shoes.

CALL AND REGISTER TODAY - SPACE IS LIMITED!!! 407-774-1716