

Tuesday Chair Yoga Class with Ofrit Gal
8:30 – 9 AM

To get ready for class, everyone should have the following:

1. Chair, preferably without armrests and definitely not on wheels, for stability.
2. Wear comfortable clothing
3. Barefoot if possible. Our feet are very important. They hold our entire body and I will incorporate foot work and foot stretches. That said, if people prefer to wear their shoes or socks, that's totally fine.
4. Since I can't incorporate music yet, everyone is welcome to put some nice relaxing classical music in the background but not necessary.

For more, Ofrit's website is www.yogatplay.com