

# ***Chair Yoga classes***

with Yoga@Play Founder Ofrit Gal



Ofrit is a certified Hatha Yoga Teacher from Yoga on Main, Philadelphia. She is the founder of Yoga@Play, leading a popular and loved kids yoga and mindfulness program in schools. In her adult classes, she is known for her authentic, compassionate and inspiring teaching style.

Availing herself to continuous education of personal and spiritual growth, she loves to incorporate such intentions and themes during her classes. Ofrit seeks to help others thrive in life by nurturing body, mind and soul with Yoga and her hope is that you leave the class feeling nourished, balanced and inspired to move forward fearlessly, especially in this uncertain and unusual time.

## **The Benefits of Chair Yoga**

- Improves flexibility in body and mind
- Increased energy, improved memory and clarity
- Better concentration
- Improved overall health and peace
- Chair yoga is safe and effective for every group age and ability. Of course, you know yourself best and should always listen to your body

### **What is Chair Yoga?**

It is Yoga, using a chair as a prop for support.

### **What does a Chair Yoga class include?**

Centering, warm ups, yoga postures, breathing exercises and relaxation.

**Join me on  
Tuesdays at 8:30  
online through  
Zoom**

For more info. Email me at [ofrit@yogatplay.com](mailto:ofrit@yogatplay.com)

***Visit us at [www.yogatplay.com](http://www.yogatplay.com)***