

FREE CLASS Nov. 3

chair yoga

Yoga for EveryBody

Mt. Lebanon Recreation Department
 900 Cedar Blvd. 2nd Floor
 Pittsburgh, PA 15228
 412-343-3409
www.mtlebanon.org

Effective Friday, August 6, Mt. Lebanon will follow CDC guidance by requiring masks for everyone inside all municipal facilities. Masks are not required for anyone outdoors. Social distancing and frequent handwashing are encouraged. In general, protect yourself and others. Don't attend programs if you feel sick or are otherwise at risk. These guidelines are subject to change.

ENTRANCE / EXIT: Mt. Lebanon Recreation Center – 2nd Floor Lobby Entrance only!

WHERE: Mt. Lebanon Recreation Center, 2nd Floor in Room A

YOU MUST BE PRE-REGISTERED IN ORDER TO ATTEND THE FREE CLASS ON NOVEMBER 3, 2021. TO REGISTER, PLEASE CALL 412-343-3409.

Certified yoga instructor *Cindi Ballard* and staff will lead you in a series of simple movements to strengthen and stretch your whole body while seated in a chair or wheelchair.

Regardless of your age, Chair Yoga is accessible, gentle and for everyone. Chair Yoga combines conscious breathing, purposeful movement and mindful meditation. Some benefits of Chair Yoga are lubrication of joints, increased immunity, increased oxygen in the body / mind, and improved focus and clarity. It will also restore balance, increase energy and is a deeply relaxing experience.

If you are concerned with getting down on the floor, maintaining balance, or if you have suffered from injuries or chronic conditions, this class is perfect for you.

WHO: Adults

EQUIPMENT: Bring bottled water, a mask and wear comfortable clothes

INSTRUCTOR: *Cindi Ballard and staff*



ACTIVITY INFORMATION:


ACTIVITY NUMBER	DAY	ACTIVITY NAME	2021 DATES 7 WEEKS 8 MINIMUM TO RUN THE CLASS	TIME	RESIDENT FEE	NON-RESIDENT FEE
FREE	Wednesday	Chair yoga	November 3, 2021	11:30 a.m. - 12:30 p.m.	FREE	FREE
F21-2117	Wednesday	Chair Yoga	November 10 - December 22	11:30 a.m. - 12:30 p.m.	\$ 46.00	\$ 51.00
F21-2118	Walk in	Chair Yoga	November 10 - December 22	11:30 a.m. - 12:30 p.m.	\$ 8.00	\$ 8.00

NSF CHECK POLICY: An administrative fee of \$20 will be added to each occurrence of a returned check

REFUND POLICY: Refund requests must be made a minimum of 7 days prior to event. See www.mtlebanon.org for details

QUESTIONS: Please call the Mt. Lebanon Recreation Department (412) 343-3409

REGISTRATION:

Online - Register for as many programs as you like, all you need is your MasterCard or Visa. Save time by registering online today! Go to our website at www.mtlebanon.org, click the  button on the bottom of the page, then click "Register Online" in the middle of the page.

In person – Mt. Lebanon Recreation Department 2nd floor, Monday through Friday 8:30-5:00 p.m., closed Saturday and Sunday
 Make checks payable to: Mt. Lebanon, PA Visa, MasterCard, & Debit Cards accepted

LeboALERT – A FREE notification service (phone, text, e-mail). In the event of an emergency and to provide you with updates about cancellations and recreation department programs and events. Please visit www.mtlebanon.org, hover over Services at the top of the page. Under Information Technology Office, click LeboAlert. All recreation participants should sign up, and at minimum select the "Cancellations" category.



LeboNet - Free wireless in the Mt. Lebanon Recreation Center

MW YOGA & PILATES CHAIR YOGA NOV 2021 01-4232-34104-000