

# VIRTUAL YOGA SERIES

**Have you wanted to try yoga, but didn't know where to begin?  
Did you previously practice yoga, but felt like you couldn't continue?**

Our upcoming Chair Yoga series, led by Gena Foreman, is an adapted form of yoga that makes it accessible to everyone. Gena has over 25 years experience as a student, teacher and mentor. Her classes are a balanced fusion of informed, conscious yoga postures with attention to breath (pranayama) and healthy energetic alignment. Her instructions are clear and concise, offering modifications to address injuries or the special needs of her students. Throughout her classes students learn yoga is not a "one size fits all practice" and that there is more than one way to be in a pose.

The practice is done entirely in a seated position; no yoga mat is needed. It is best to have a comfortable, sturdy chair with no arms to give the body more range of motion, but one with arms will work, if balance is a concern. Please wear comfortable clothing.

## Virtually

(Please take note of the date and time for each session)

- Monday, September 9th, 12:00 - 1:00pm PDT
- Monday, September 16th, 12:00 - 1:00pm PDT
- Thursday, September 26th, 1:00 - 2:00pm PDT
- Monday, September 30th, 12:00 - 1:00pm PDT

Registration fee for all four sessions is \$25.

Checks can be made payable to:  
MS Achievement Center  
7777 Greenback Lane, Suite 108  
Citrus Heights, CA 95610



*Registration is required and a ZOOM link will be emailed to registrants.  
Space is limited.*

*Please register by September 3rd.*

To register, contact: 916.453.7966 or  
[Lacey.Sayre@commonspirit.org](mailto:Lacey.Sayre@commonspirit.org)

Supported by: