

Please join Dr. LaTina Thomas for **Chair Yoga** on the first Tuesday of every month!

Dates and locations for the remaining months of 2024:

- ❖ Tues., September 3, 2024 - 11:30am-12:30pm, Wellness Center, 160 N. Main Street, 4th floor.
- ❖ Tues., October 1, 2024 – 11:30am-12:30pm, 1075 Mullins Station Road, Building E2, Room E116-A and E116-B.
- ❖ Tues., November 5, 2024 - 11:30am-12:30pm, Wellness Center, 160 N. Main Street, 4th floor.
- ❖ Tues., December 3, 2024 – 11:30am-12:30pm, 1075 Mullins Station Road, Building E2, Room E116-A and E116-B.

Participation is limited to 30 employees per session, but registration is not required to participate.



The poster features a woman with long red hair sitting on a wooden chair, performing a yoga stretch with her arms raised and hands clasped behind her head. The background is a bright kitchen window. The text is set against a dark green background with decorative elements like stars and floral patterns.

**Chair
YOGA**

Spending your days tied to a desk is as harmful to your health as smoking cigarettes. What if you work at a desk job? What can you do?

According to a study by the University of Pennsylvania, chair yoga can help relieve the tension and stress that come with sitting at a desk all day.

Other benefits include:

- great alternative for those who struggle with traditional yoga. No mats are needed, just your chair!
- increase your flexibility, it can help you with everyday tasks like tying your shoes, picking up items off the ground, and reaching high.
- one study conducted over 10 weeks found that biweekly yoga sessions can increase your flexibility and improve your balance.
- Chair yoga is also a great practice for those looking to reduce stress and pain; the breathwork involved in yoga helps you cope and manage pain.

Join Dr La Tina from 11:30 – 12:30 in the Wellness Center at 160 N. Main Street, 4th floor as she guides you through chair yoga that you can easily incorporate into your day at any time. Every first Tuesday starting March 5th.

