

Mindful movement and stillness yoga classes which works to encourage and nurture individual strength, mindfulness, steadiness, and flexibility.

Franessa Stalter, 500 RYT



March 7, 2021

Session IV

Peace Yogis,

Franessa Stalter here, your yoga teacher from the Recreation Center. I've been missing our classes so I recorded these 20-30 minute breath and movement Chair Yoga classes just for you on Zoom. Just click on the link, you must use the passcode and they are only accessible to you for the next 20 days. I trust you will enjoy them. I will record more in the coming weeks as you progress your skills. Enjoy.

Namaste

Topic: Sav'h TR Chair Yoga 2021 - Nine



[https://us02web.zoom.us/rec/share/leZeLDN0riwfrWoa7Bf3mXg1IkpkKQg7\\_XtrnIMQvs2Hhlf\\_B1YTnDtPmkZk9Zo.0DEGqf\\_LjyF46tFB](https://us02web.zoom.us/rec/share/leZeLDN0riwfrWoa7Bf3mXg1IkpkKQg7_XtrnIMQvs2Hhlf_B1YTnDtPmkZk9Zo.0DEGqf_LjyF46tFB)

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Topic: Sav'h TR Chair Yoga 2021 – Ten Revised



[https://us02web.zoom.us/rec/share/zzyZV1ZyhM\\_rNT6KKI5QRNFJhM\\_SaMZTiBiDQZKwg5Cm3WoiOTCLNPKQjHPhIEas.Zt0JoVs3CQPeuYfb](https://us02web.zoom.us/rec/share/zzyZV1ZyhM_rNT6KKI5QRNFJhM_SaMZTiBiDQZKwg5Cm3WoiOTCLNPKQjHPhIEas.Zt0JoVs3CQPeuYfb)

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