

# Chair Yoga



**Teacher:** Karin Worthy

**Wednesday:** 11 to 12 noon

Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. Frequently the chair yoga student is unable to participate in a traditional yoga class due to the effects of injuries or other physical problems

Most yoga postures, breathing techniques, meditation, and relaxation techniques can be done from a chair rather than a mat on the floor.

Anyone can benefit, but it can be particularly valuable for those who:

- Are recovering from an injury
- Suffer from any disabilities that may limit your mobility
- Work all day at computers, to help release muscular pain, tension and stress.

This therapeutic yoga class aims to improve both flexibility and strength. Please note that if you have any special health concerns please check with your GP and discuss with either Maya or Karin.

For more information or to book email [bookings@boco-uk.com](mailto:bookings@boco-uk.com) or call us on **020 8399 3930**.

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**About the teacher:** Karin is an experienced yoga teacher and yoga therapist. She has completed yoga and yoga therapy courses both in the UK and in Chennai, India.

She is certified by both the British Wheel of Yoga and The Society of Yoga Practitioners after completing the 4-year yoga & yoga therapy training in the lineage of Professor T. Krishnamacharya and his son TKV Desikachar. She is also registered with the Complementary & Natural Healthcare Council as a yoga therapist and has a current first aid certificate

