

CHAIR YOGA THERAPY

Thursdays

12 – 1:15pm CST

March 27 – May 29, 2025

10 week series

Located at

Grace St. Luke's Church

Trezevant Hall

1720 Peabody Avenue

Memphis, TN

Pricing

\$150 / series

\$20 / individual class

\$70 / 4 class pack

Bring a friend or relative for

\$100 / series



Increase strength, flexibility and relaxation. Challenge the brain with balance, breath, movement, voice work and meditation. This community-based class is for those needing a low impact wellness class at various levels of mobility. Must be medically stable and approved by your doctor to partake in exercise.

Instructor: Stephanie Congo, Mindfulness Facilitator & Yoga Therapist

For more information and registration:

Go to www.stephaniecongo.com/chairyoga

Questions? Contact Stephanie:

stephanielovesyoga@gmail.com

(901) 573-4522

Great for Parkinson's, TBI's, Chiari, MS, Lupus, GBS, Fibromyalgia, etc.