

Tsung Tsin Association Of Ontario  
3880 Midland Avenue, Unit 17, at Passmore, Scarborough,

## **Energizing Chair Yoga Exercise Classes**

Over 5000 years old, yoga has been known to improve overall health when practiced regularly. It's the oldest total health discipline known to man. It helps eliminate toxins from the body and boosts the immune system. No equipment is required to achieve maximum benefits.

**Basic Chair Yoga** is designed for people who find it difficult to stand for long periods of time, they remain seated for the entire class. **Advanced Chair Yoga**, (seated and standing) is a gentle but very effective form of yoga, beneficial to everyone including seniors. Whether you are experiencing job related stress or in your day to day lives, it helps to promote deep and more restful sleep; balance and flexibility; relief from stress; tension and is also very effective with most types of pain management e.g., joint pain; arthritis, muscle stiffness and much more.

While on holiday you can continue some yoga exercise, this will help keep your body flexible and energized during those long flights, bus and car trips.

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**Tuesday: October 8th, - November 26th, 2019**

**Friday: October 11th, - November 29th, 2019**

Instructor: Sathia Ramasamy

**10:30 - 11:30 a.m.**

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**STUDENTS CAN START AT ANYTIME AND PAY ONLY FOR  
REMAINING CLASSES**

8 classes - \$40.00  
(Fees due at first class)

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