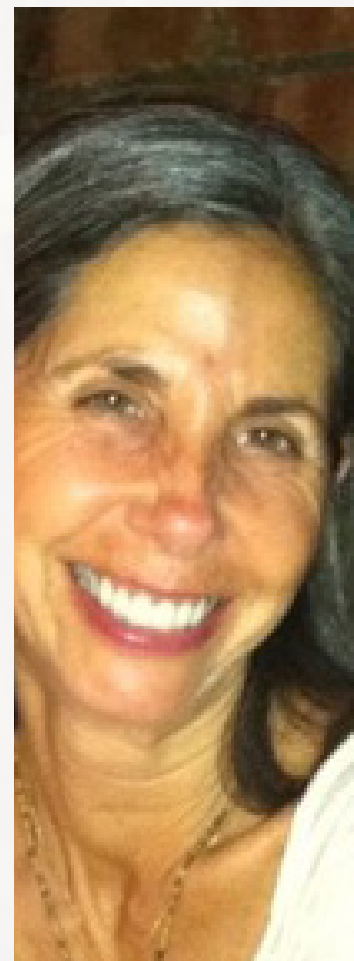


Gentle Chair Yoga

with Debby Steinberg

In this chair yoga class, for all levels of health, we will explore movement, breath work, guided imagery, meditation, therapeutic music, and aromatherapy, all to help aid in bringing a sense of calm, comfort, relaxation and well being to the mind, body and spirit. Dress is relaxed clothing. You may wear your shoes, but wearing just your socks is preferred and most comfortable during the class.



.....
Thursday,

October 27

11:00am–12:00pm
.....

Debby Steinberg

Debby Steinberg MS RN RYT is an advanced holistic registered nurse, and a registered yoga teacher. After years of a fulfilling career in Pediatrics, she taught wheelchair rehabilitation yoga and soon after completed her Masters of Science in Holistic Nursing. She is Adjunct Faculty at The College of New Rochelle and also has a private practice helping to facilitate clients healing journeys toward leading happier, healthier lifestyles.

**\$22 (*WM);
\$25(NM)**

Code 6365

*WM=Wainwright Member, NM=Non-Member