

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 and no equipment is required to achieve maximum benefits.

Chair Yoga, (seated and standing) is a gentle but very effective form of yoga, beneficial to everyone, especially to those over 50 and seniors. It helps to improve balance and flexibility; stress and tension; promotes deep and more restful sleep; and is also very effective in most types of pain management (e.g., joint and arthritis, muscle stiffness).

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

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**Tuesday: May 14th, - July 16th, 2019**

**Friday: May 17th, - July 26th, 2019**

Instructor: Sathia Ramasamy

**10:30 – 11:30 a.m.**

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**SPACE IS LIMITED**

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

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