



**YOGA CENTER  
OF MARIN**

518A Tamalpais Drive  
Corte Madera, CA 94925  
**(415) 302-8457**  
yogacenterofmarin.com

# CHAIR YOGA FOR EVERYONE

## with **AMY PEELE**

### Saturday, Sept. 16 • 2–4 PM



**Experience this unique style of yoga where a chair becomes your yoga mat.** Whether you are a beginner or a more advanced yoga practitioner this workshop is for you.

A variety of yoga postures, including sun salutations, are creatively adapted so all poses can be performed while sitting on a chair. During a chair yoga class, you receive the same benefits of a standing yoga class.

Upon completion of this workshop you will leave with a prepared yoga practice reminder card that you can easily reference while sitting at your desk or kitchen table.

This workshop is for all levels & ages. It offers a gentle and un intimidating yoga practice for beginners, and new and deeper insights for those with more experience.

*AMY PEELE is a certified Seven Spiritual Laws of Yoga (SSLY) Chopra Yoga instructor. She received her training at the Chopra Center for Wellbeing In Carlsbad California. Prior to that she practiced Iyengar yoga for 20 years with Suzanne Kanner at the Yoga Center of Marin. She has also taken restorative workshops from Judith's Lasater. Her passion is teaching SSLY Chair Yoga, which is Hatha, based. Amy believes Yoga can be for everyone.*

*To learn more about SSLY go to [Chopra.com](http://Chopra.com)*

#### THIS WORKSHOP

- All levels
- Yoga experience not required
- \$35 pre-registered;  
\$40 drop-in

**Use this form to register or register online. Pre-registration is encouraged for all workshops.**

WORKSHOP/date & time: CHAIR YOGA FOR EVERYONE with Amy Peele / Sept. 16, 2017 • 2-4 PM

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City, State, Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 email: \_\_\_\_\_

HOW DID YOU HEAR about this series?  Flyer  Website  
 Ad  Friend  Drive/walk by  Other \_\_\_\_\_

PAYMENT BY:  check  MC/VISA AMOUNT: \_\_\_\_\_  
 Card #: \_\_\_\_\_ Exp date: \_\_\_\_\_  
 Name on card: \_\_\_\_\_  
 Card billing address: \_\_\_\_\_

Please sign  
 Signature: \_\_\_\_\_

**CHECKS PAYABLE TO:** Yoga Center of Marin • **MAIL TO:** Yoga Center of Marin, 518A Tamalpais Dr., Corte Madera, CA 94925  
**FOR A COMPLETE SCHEDULE** of our classes and workshops, check our website at [www.yogacenterofmarin.com](http://www.yogacenterofmarin.com)



08/17/2017