



Chair Yoga for Seniors in ASL

with Barbara Eger-Klatt



Wed. June 14, 2023

10 am to 11 am



NVRC Location

10467 White Granite Drive, Suite 312, Oakton, VA 22124

For seniors who have a balance, health and limit physical issues. The chair yoga is safe for seniors over 50 years old and it is a fun exercise. It is for one hour and you will use the chair. It is suggested to wear comfortable clothes i.e. athletic clothes. If you're unsure, please ask your primary care physician.

You will learn:

- How to sit on the chair with spinal alignment (*no chairs with wheels*)
- Learn how to meditate with one mudra
- Understand about diaphragm muscles related to breathing
- Practice three to ten poses with the chair
- Compare the difference before and after yoga
- Brief discussion and/or questions



There are two requirements prior to participating in the yoga class. You need to sign the waiver and service agreement form. If you're interested, please email Barbara via Barbara.yellowleafyoga@gmail.com, and she will email you the waiver and service agreement form electronically.

Register Here!



Barbara Eger-Klatt is Deaf and fluent in ASL and is a registered yoga instructor (E-RYT-200) with Yoga Alliance and has over fifteen years of experience teaching Hatha Yoga. She became certified in 2019 as a YogaAlign Posture Educator. She lives in Silver Spring, Maryland with her husband Walter and loves to travel whenever we can.

