



CHRISTOPHER & DANA REEVE FOUNDATION

TODAY'S CARE. TOMORROW'S CURE.®

Seated Therapeutic Yoga Presented by the Reeve Foundation

FREE ADMISSION

Northeast Passage
Winter Wellness Series
Lee Church, Fellowship Hall
17 Mast Road
Lee, NH 03861

Thursday, March 2, 2017
6:00 PM - 7:30 PM

Who should attend this seminar?

- People who have or anticipate having mobility concerns.
- Those who want to maintain their independence at home.
- People who may be living with one or more chronic health conditions.
- People who are interested in improving their health and well-being.

For more information or to RSVP, please contact Amanda at 603-862-4106 or Amanda.Zedon@unh.edu

Seated Therapeutic Yoga

Yoga and mindfulness can be helpful for over 70 chronic physical and mental health conditions. This interactive seminar will share seated yoga techniques to help rejuvenate your mind and body.

Jay Gupta, RPh, MScIM and Terry Gupta, MSW, RxYT of RxRelax are healthcare professionals and yoga therapists who love bringing these evidence-based practices to people across the USA.

What they share is easy-to-do, effective, and a lot of fun! Upon completion of the seminar, you will receive a FREE DVD to continue your practice at home.

** No special clothing or flexibility level is required for the yoga portion.*

