

Alden's Journey Into Healing Mind, Body, Spirit and Community



Seated Chair Yoga Program from the Inspired Wellness Group

Time Allotment: One Hour

Also called “Mindfulness or Meditation in Motion,” Yoga means “weaving,” “unifying” or “yoking” together of mind, body and spirit. Imagine being in a deeply peaceful yogic state and practicing wherever you sit regardless of your age, level of activity/fitness or physical size. Chair yoga is specifically designed for those that desire an adaptive yoga program - whether for personal needs, workplace stress management, etc. You will move your entire body through its full range of motion in concert with your breathing- to heighten mindfulness, reduce stress, balance the nervous system, elicit a deep sense of relaxation, increase flexibility, boost energy, improve balance, as well as mental, emotional and physical strength, and so much more. No yoga experience necessary. This class is accessible for everyone. Come dressed comfortably.

Use the QR code to enjoy the class online or attend in person at select locations



Your Presenter

Mary Beth Janssen, CAyur, RYT-500, CMT

Mary Beth is Chief Wellness Officer for The Inspired Wellness Group (a division of CPT Rehab), and Mind-Body Health Specialist for the Chopra Center for Well-Being - personally trained by Deepak Chopra MD, and partner David Simon MD. She's an award-winning educator, journalist and author - including her most recent book: *The Book of Self Care: Remedies for Healing Mind, Body, and Soul*. She teaches highly experiential wellness workshops and seminars in spa, medical, corporate and higher learning settings.

