

**THE WELLNESS COMMITTEE OF THE BARRISTERS CLUB
INVITES YOU TO ATTEND**



CHAIR YOGA & MEDITATION

3 part series beginning July 9th

**Fridays
July 9, 16 and 23**

12:00-12:30 p.m.

Location: Online

This is a free event for all
BASF members.

Sponsored by



Speaker

Jerry Givens

Life Coach - Yoga & Meditation Educator

Join us for 3 part yoga series every Friday (starting July 9th) for 30 minutes of relaxation and mindfulness- all from the comfort of your chair!

Chair Yoga is an adapted a style of yoga practice that allows participants to stay in their normal clothes and still get the wonderful effects of a regular yoga class, all from the comfort of an office chair, making this an accessible exercise experience. These sessions will end with a five-minute meditation to help ground the practice. Come move your body and take a constructive break from your work.

Each session will vary from the last, but will all consist of:

- Light stretching that can be done from your chair
- Ways to bring Mindfulness into your daily work life
- Accessible exercises that almost anyone can do (and modifications for those who can't)
- A fun energetic experience!