



CHAIR YOGA

with
CAROL BOLTON

A welcoming class at Zen River Sangha in Appleton

Chair yoga is not only for people with limited mobility — it is a gentle practice for all experience levels. Whether you are new to yoga or returning to it, chair yoga offers a welcoming way to stretch, breathe, and reconnect with your body.

Chair yoga can help improve flexibility, strength, balance, posture, and circulation while easing stress and inviting calm. It is a simple way to enhance overall well-being without getting up and down from the floor.

As a certified yoga therapist, Carol weaves yoga therapy principles into the movements to support body, breath, and mind. This adaptable, supportive approach helps students build awareness, confidence, and calm while honoring individual needs.

- **Location:** Zen River Sangha, 2989 W. Spencer Street, Appleton
- **Begins** Mondays July 6, 2026 | 6:00–7:00 p.m.
- **\$90 for 5 classes** (valid for 2 months) or **\$20 drop-in**
- **Classes run with a minimum of 2 participants**
- **Payment:** cash, check, Zelle, or Venmo @Carol-Bolton-6