

Chair Yoga

Linda Daya Neas



Chair Yoga introduces movements that are beneficial for the health and well-being of people with restricted mobility or personal challenges, those who are in the process of healing from injuries or illness, or anyone who needs a more gentle practice opportunity. Using a chair for support enables a yoga practice with added safety, security and confidence.

All the benefits of regular yoga are available in the class. The Mind/Body connection is emphasized as well as stress reduction and relaxation. Proper breathing and posture are encouraged while movement is included for optimum flexibility and health.

Linda Daya Neas has been teaching movement and wellness classes for the living-longer population for over 25 years. As an experienced registered yoga teacher her emphasis is on Chair and Gentle Yoga. Linda's goal is to make the healing benefits of yoga accessible to all people. Ayurveda, Reiki and Mantra are among her other areas of study and interest. Linda is also a certified Laughter Yoga teacher.