

Chair Yoga at Willow Health!!

with Roberta Fortune



Monday Mornings - 11:00AM -12:00 PM

(Once a Month we meet 1:00-2:00)

Oct 16 11-12, Oct 23 11-12, Oct 30 11-12 , October 31 (Tue special class at NOON to benefit a family in Texas that survived Harvey and Trick or Treatment Event- Free with Class),

Nov 6, 13, 20 and 27 (stay tuned for times)

Location: Willow Health Food & Wellness Center 4309 County Line Road Chalfont, PA

Investment: \$60 for any 4 classes in our FALL series , **Drop In fee is \$25 per class or preregister for just \$20. First class is half price to TRY IT for just \$10**

Sign up with a friend and SAVE:

Just \$100 for two people (pick 4 dates and don't have to come together)

To Register Contact: Roberta Fortune 215-518-0364 or Willow Health 215-997-2838

Yoga is for EVERYONE and can be done right from your chair! This gentle yoga class will guide you through breathing exercises, powerful stretching, mindfulness, aromatherapy and self-care rituals to reduce stress. Stress reduction is essential for Wellness and this class is filled with lots of tips and tricks to promote natural healing. Beginners to Advance Students are Welcome!

Space is limited so secure your spot today!

*****Save by buying a four class pass or sign up with a friend!!**

About Your Instructor: Roberta Fortune is a former elementary school teacher who turned yoga instructor and multi-faceted wellness entrepreneur. She loves yoga, essential oils, meditation and ANYTHING related to spa & wellness. She blends these modalities into her healing practice. Using her 23+ years' experience in the Spa & Skin Care Industry and her passion for Life Coaching and wellness, Roberta enjoys gently guiding others to the take better care of themselves through her group and individual yoga classes, spas events, retreats and life coaching from the mat sessions.

