



Relaxing Chair Yoga & Wellness Wisdom

with Roberta Fortune

4 week class- Tuesday Evenings 7:00-8:00 PM

November 18- Air

November 25- Fire

December 2- Earth

December 9- Water

Location: Willow Health Food & Wellness Center

Investment: \$60 for the series

or Sign up by 11/11/14 with a friend and SAVE: Just \$79 for two people

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 and self-care rituals that will help boost your NATURAL healing and lower your stress this busy time of year. Set yourself up for relaxation, revitalization and renewal for the New Year by joining us on Tuesday nights at Willow Health! Each week we will focus on a different element (air, fire, earth and water) in our selected poses and self-care topic. Space is limited to secure your booking today!

Beginners to Advance Students are Welcome!

About Your Instructor:



Roberta Fortune is a former elementary school teacher who turned yoga instructor and multi-faceted entrepreneur. She loves yoga, meditation and anything related to spa & wellness and blends these modalities into her healing practice. Using her 21+ years' experience in the Spa & Skin Care Industry and her passion for Life Coaching and wellness, Roberta enjoys gently guiding others to take better care of themselves through her yoga classes, unique group spas, retreats and individual life coaching sessions.