

Austell Neuropathy and Chair Yoga



Please note: This information is correct as of January 2024. Times may change, so visit our website at www.cscatlanta.org for the latest information.

This class is perfect for those who prefer not to get down on the floor, who have difficulty with balance, who have some limitations in strength, or who want to ease into yoga. This class is done seated in a chair and using the chair for support during standing poses. Relaxing and restorative! The first Saturday of the month will be dedicated to neuropathy.

Led by:

Bev Stegman, CR, RYT

Saturdays, 11:30 a.m.-12:45 p.m.

**Georgia Cancer Specialists - Cobb
1668 Mulkey Road Suite 104 Austell, GA 30106**

To participate in this class, please register at www.cscatlanta.org/calendar.



Registration Calendar



This regional program is provided through a partnership between:

