

# MAYFLOWER MUNICIPAL HEALTH GROUP

Let us introduce you to the ultimate stretch break.

## **Mindful Movement: Chair Yoga for the Office (or Anywhere!)**

It's something we've all experienced: tightness or discomfort in the body. The gentle stretches and postures taught in this program are designed to increase flexibility at the joints – thereby improving one's range of motion – and also aid in relaxing the hips and lower portions of the body to increase one's ability to sit with ease. Because this practice blends movement in the body with the breath, it is an ideal extension of mindfulness practice.

***No previous knowledge of yoga is necessary!***

***This class does not require special clothing or equipment.***

**This offering will take place on the following Tuesdays,**

**12:00 pm – 12:30 pm:**

**November 21 · December 19 · January 16 · February 20**

**March 19 · April 16 · May 21**

**Please register here to join us for any of these sessions:**

[https://us02web.zoom.us/meeting/register/tZEvf-uoqD0jEtyQS3tvExAaqNY0iw\\_DrAAf](https://us02web.zoom.us/meeting/register/tZEvf-uoqD0jEtyQS3tvExAaqNY0iw_DrAAf)

**Christine O'Shaughnessy** has been offering mindfulness trainings to corporations, schools, hospitals, and the public for nearly two decades. She brings the depth of knowledge from her former career as a corporate executive into her mindfulness trainings, guiding all her students towards become more effective, empathetic leaders in the workplace—as well as in all other aspects of their lives.

