

Cindy Smith - Chair Yoga

Chair Yoga is a gentle form of exercise, is practiced sitting or standing using a chair for support. The class emphasizes basic movements for total body stretching, core strengthening, improved balance, and increased personal body awareness. The class finishes with deep breathing techniques and meditation.

Cindy Smith developed this class using her many years of experience as a Certified Yogafit Instructor and Physical Therapist Assistant. She has a passion for teaching classes for aging adults and those with physical limitations. She believes that anyone, regardless of age and ability, can enjoy the benefits of Yoga!

Cindy teaches at two Shepherd Centers as well as other locations in the Columbia and Lexington areas.