



tranquillity for wellness

# MS CHAIR YOGA

## MOVEMENT • CONNECTION • COMMUNITY

### JOIN OUR LONG-RUNNING CLASS

For over 10 years, experienced teacher **Diane Clark Manley** has guided a warm, supportive group through fun, accessible yoga practices designed especially for mature adults living with MS

***This isn't just a yoga class – it's a community where we move, laugh, & support one another.***

### WHY JOIN?

- ✓ Gentle, guided movement you can do from your chair in your own home
- ✓ Social connection & friendly support
- ✓ A familiar, easy-to-follow format with fresh weekly themes
- ✓ Now includes a sprinkle of Laughter Yoga for extra joy
- ✓ Downloadable Zoom videos if you miss a class

### REGISTRATION AND PRICING

**THURSDAYS, 10–11:30 AM**  
(during school terms)

- Join us from the comfort of your home via **Zoom** for \$10 per session
- No experience needed – simply come as you are

### WHAT OUR MEMBERS SAY

- ***"It's become a part of my Thursday routine."***
- ***"We've created a community of like-minded people."***
- ***"It's relaxing, friendly, and fun!"***

### FIND OUT MORE:



[www.tranquillityforwellness.com](http://www.tranquillityforwellness.com)



[diane.tranquillity@gmail.com](mailto:diane.tranquillity@gmail.com)