



We help you restore and heal throughout the recovery process.

**Find your strength.**



**SPAULDING**  
REHABILITATION HOSPITAL  
CAPE COD

# Modified Chair Yoga

*Discover the benefits of yoga from the comfort and support of your chair!*

Studies have shown that we need to keep moving to prevent stiff muscles and achy joints. Our experienced yoga instructor will safely guide you through a variety of postures to:

- **Improve Mobility, Range of Motion and Balance**
- **Increase Muscle Tone and Flexibility**
- **Promote Circulation and Relieve Tension**
- **Develop Better Breathing Habits**

Chair Yoga is suitable for those with physical limitations and those recovering from injury or who prefer a less rigorous practice. Our small class size allows for individual attention and physical assistance as needed. Please wear loose comfortable clothing and bring water. Come experience improved energy, health and vitality through yoga!

**YOUR INSTRUCTOR: Sherill Dykeman, E-RYT**



*Sherill is a certified yoga teacher registered with the Yoga Alliance. Sherill has practiced yoga for over 20 years and taught for nearly a decade. Trained at Duke University Integrative Medicine program, Sherill's classes use safe and effective yoga postures in a therapeutic manner to prevent injury and relieve discomfort due to injury or aging. Her greatest desire is to help participants create a sustainable, lifelong yoga practice blending the best of evidenced-based medicine with the ancient wisdom of yoga.*

**CALL FOR  
NEXT SESSION DATES**

**WHEN**

Wednesdays 9:30am

**WHERE**

Spaulding Cape Cod  
New Multi-purpose Room  
311 Service Road  
East Sandwich

**COST**

\$10/class

**PRE-REGISTER ONLINE**

[www.spauldingrehab.org/](http://www.spauldingrehab.org/)

SCCWellness

**FOR MORE  
INFORMATION**

**(508) 833-4078**

Find us



[www.spauldingrehab.org](http://www.spauldingrehab.org)

*Meditation is not just for relaxation; its primary purpose is to develop the capacity to respond skillfully and gracefully to life's difficulties as well as its joys.*

*Shyalpa Tenzin Rinpoche*