

**September 25th (Douro) - Free Chair Yoga Classes Come To Douro**

Community Care Peterborough (CCP) is pleased to announce that in partnership with the Douro Dummer Library and Stephanie Bolton, free chair yoga classes will be available every Friday at the library.

“Chair yoga for older adults includes loosening and stretching painful muscles, reducing chronic pain, and improving circulation,” said Melissa Scott – CCP’s Supervisor, Wellness and Exercise. “It also helps lower blood pressure, protects joints, and builds strength and balance.”

Chair Yoga classes start October 6th and will run every Friday until November 24th from 1:00 pm to 2:00 pm at the Douro Dummer Library Branch located at the library is at 435 Douro 4th line in Douro. There is no charge for the classes but pre-registration is required because space is limited. Drop-ins welcome only if there is room due to capacity limits.

Stephanie Bolton owns **Yoga Steph** andhas worked in the business of helping people for over 30+ years. She has worked over 20 years in accessibility and with persons with disabilities, so it only made perfect sense that when she graduated as a Yoga Instructor that she went on to study further to allow her classes to be inclusive for everyone; All bodies All abilities. Her formal training includes Chair Yoga Therapeutics, Foundations in Chair Yoga, Restorative Yoga, Qi Gong, Nidra Yoga to name a few.

“You will have a few laughs and smiles during your time in her class,” added Scott. “Teaching students to trust their bodies, connecting, learning more about themselves as they stretch, breath to renew and restore.”

**Client Testimonials**

*“Stephanie is a delightful teacher. She can work well with people of all abilities. Her class is the most inclusive yoga I’ve ever attended. So much fun, giggles, stretchy workout from a chair and oh SO relaxing,” said a client named Kate.*

*“I’m delighted to resume my Yoga Class with Steph today. I love it because I feel better. This class is essential for my well-being,” said a client named Claire.*

*“I always feel better and move easier after class,” said a client named Carol.*

Stephanie also teaches mat classes currently in Warsaw at the Municipal Hall on Wednesday evenings you can learn more by following her on her yoga Facebook page Restore and Renew Yoga. <https://www.facebook.com/restoreandrenewyoga>.

“We so appreciate the Douro Dummer Library for accommodating our new Chair Yoga class every Friday,” said Scott. “It is important to me and to Community Care Peterborough that we provide Wellness classes for residents in Douro Dummer too.”

For more information about the free Chair Yoga classes offered in Douro email Community Care at [efp@commcareptbo.org](mailto:efp@commcareptbo.org) or call the Douro Dummer Library at (705)652-8599.