

# Chair Yoga

with Yogi  
CAITLIN



## Mondays, Tuesdays & Thursdays • 10 am

Practiced sitting on a chair, or standing using a chair for support, these poses are often adaptations of modern yoga poses.

**About our instructor:** Caitlin Battad has a Bachelor of Science in Biology and is a Registered Yoga Teacher with Yoga Alliance. Her vibrant personality and teaching methods bring higher awareness and fulfillment to all who attend her classes.



**Find your best you at Tall Oaks!** Our guided exercise classes will increase your muscle tone, balance, and strength, all while improving your mood.

**Not a Tall Oaks resident, but would like to attend?** Contact Nicole Zuke at 703-834-9800 or NZuke@TallOaksAL.com to register for **three free classes!**



703.834.9800  
www.TallOaksAL.com  
12052 N Shore Drive  
Reston, VA 20190

**Tall Oaks**  
ASSISTED LIVING  
RISING TO NEW HEIGHTS