

Gentle Chair Yoga[®] with Vera Paley, RYA



on 30-minute VHS tape or DVD

Vera Paley, a certified yoga instructor for over 20 years and practitioner of yoga for over 40 years was a young 84 when the Gentle Chair Yoga video was produced. She developed this program of Gentle Chair Yoga especially for people who have difficulty doing floor exercise but it can also be enjoyed by people of any age. A message from Vera:

Gentle Chair Yoga is for anyone who, by sitting in a chair, can do the breathing, stretching and relaxing yoga exercise and experience a pleasant 30 minutes of guided, healthful body work. Practicing these techniques, one can become both energized in body and peaceful of mind. Please join me in doing Gentle Chair Yoga.

Ordering Information:

VHS tape or DVD: \$21.20 each
Companion Photo Guide: \$7.95 each
Shipping and handling: \$5.00, if applicable
COD and preview copies not available

Mail to:

Memory and Wellness Center - Yoga
Christine E. Lynn College of Nursing
777 Glades Road Bldg. AZ-79
Boca Raton, FL 33343
(561) 297-0502 fax: (561) 297-0505

Visa, Mastercard or American Express credit cards accepted
or make check or money order payable to:

Louis and Anne Green Memory and Wellness Center
Proceeds benefit the Louis and Anne Green Memory and Wellness Center

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Memory and Wellness Center Christine E. Lynn College of Nursing Florida Atlantic University

Item	Quantity	Item cost	Cost (quantity x cost)
VHS Video Tape	_____	_____	_____
DVD	_____	_____	_____
Photo Guide	_____	_____	_____
Shipping and Handling, if applicable			_____
Total Cost			\$ _____

Your Name: _____ Address: _____

City: _____ State: _____ Zip code _____

Phone number _____ Name as it appears on credit card: _____

Visa, Mastercard, American Express (circle one) Credit card #: _____

Credit card expiration date: _____

I would like to have the Gentle Chair Yoga VHS tape or DVD mailed to:

Your Name: _____ Address: _____

City: _____ State: _____ Zip code _____

Check here if the Gentle Chair Yoga VHS or DVD is being sent as a gift from you and you would like a note included indicating this.