



Join Us for this Limited Time 2026 Weekly Class

Chair/Adaptive Yoga

with Peggy Shannon



Wednesdays 5:30 – 6:30pm

Limited Time Class Opportunity: July 29 – September 16 & October 7 – 28

Come join the fun! Chair Yoga can be practiced by anyone without getting on the floor and can be easily adapted for those with physical limitations or mobility issues. Chair Yoga is great for anyone who needs additional support, is working with an injury or is looking for a more therapeutic approach to yoga. Chair Yoga can help improve flexibility & balance, as well as additional health benefits including improved muscle tone, better breathing habits, stress reduction, better sleep, and a sense of tranquility and well-being.

Spend an hour feeling good about yourself, listening to great music and enjoying all the benefits this class has to offer. Peggy offers her Chair/Adaptive Yoga class in Florida during the winter months, and we are excited to have her expertise and infectious energy here at The Wellness Spa for the rest of the summer until the end of October! Don't miss your chance for this unique way to feel better and improve overall health. Intended for all ages and all levels of fitness, or those who are just starting a movement class.

\$15 per class

Drop-in's Welcome, Please Check in at Spa Front Desk

***Registration Required - Reserve your place in class today! Book online at www.WellnessSpaResort.com or call 715-341-3333 for more information. This class is on a pre-pay, non-refundable registration basis.**



PEGGY SHANNON, CERTIFIED YOGA INSTRUCTOR AND CHAIR/ADAPTIVE YOGA TEACHER Peggy began her yoga practice 10 years ago following a knee replacement. Yoga provided the perfect alternative to the competitive athletics she grew up practicing and the toll it had taken on her body & joints. She states: "Yoga was a game changer for me". As a winter snowbird, she intended to teach and share the benefits she experienced with others who are dealing with similar physical limitations & the aging process, but unfortunately, many people felt uncomfortable or couldn't get down on the floor. At the request of many friends, she soon received her certification in Chair/Accessible Yoga & began to create a practice that could provide the same benefits as traditional yoga...in a chair!

Held at The Wellness Spa, 3916 Water Street, Stevens Point, WI 54481 www.WellnessSpaResort.com