

Accessible Chair Movement for Seniors and Office Workers



An accessible form of movement that is performed while sitting in a chair or using the chair for support.

Particularly suitable for the elderly, less mobile individuals, and for office settings.

Exercises that cater to the needs and abilities of the participants.

Relaxation, stress reduction, and prevention of posture-related issues.

Social interaction that contributes to fostering a sense of community and a positive mood.

On-site, with flexible timings.

Price: on demand

Contact me for more information or a meeting

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Body Program

