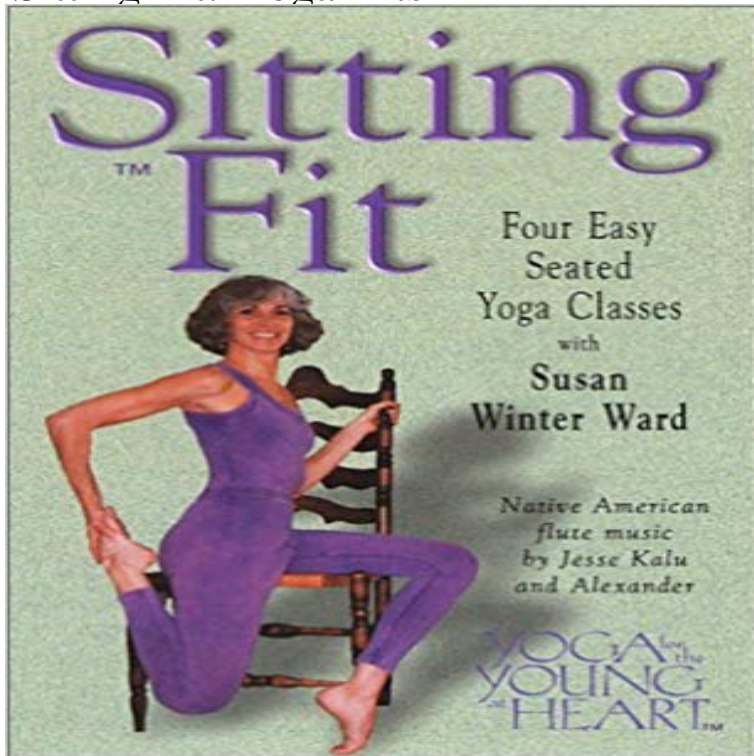


Sitting Fit: Yoga Bits



How much time do we spend sitting each day? Car, plane, desk, sofa...? Now you can get fit right where you are...in your chair! These four gentle 15-minute classes will bring renewed vitality, strength and flexibility - even for those confined to a wheelchair. So take a 15-minute yoga break and let Sitting Fit invigorate and relax your body from the comfort and convenience of your chair!

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