

Yoga for Craftspeople

Counteract the effects of prolonged sitting, poor posture, and neck stress



My name is Gigi Matthews and I taught yoga at MAFA 2019. As a spinner, knitter, and weaver, I know that crafting is wonderful but it can take a toll on the body.

I teach a very gentle style of yoga that can be done seated or standing, in regular clothing, and with your glasses on.

It's particularly suitable for people who have never exercised before, seniors, and those with mobility or weight issues.

My classes help to counteract the effects of prolonged sitting, poor posture, and neck stress.

- ▶ 30 minute classes
- ▶ \$5 per class
- ▶ online via Zoom
- ▶ private instruction & group presentations

Visit my website for more information. Try a class for free to find out if this style of yoga is for you!

YogaForPeopleWhoThinkTheyCantDoYoga.com