

Chair Yoga

**TUESDAYS
12:15 PM**

**Landon Center
on Aging
Room 200**

**Instructor:
Shannon
Basham, BA**

Questions?
Matt Chandler
913-588-3094
mchandler@kumc.edu



Benefits of Yoga

- Improves focus, awareness, and overall well being
- Increase flexibility and range of motion
- Improves balance and coordination
- Increased strength



About Our Instructor:

After serving in the U.S. Army for five years, Shannon Basham studied anatomy, physiology, exercise science, and gerontology at the University of Missouri-Kansas City. Shannon achieved certification as a Certified Yoga Therapist, Experienced Yoga Teacher (E-RYT 500) in 2017.

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<https://www.kumc.edu/research/landon-center-on-aging>