



Chair Yoga

Chair Yoga is adapted from traditional yoga, with poses and stretches using a chair for balance or sitting. Our low impact classes are suitable for individuals at all levels of experience.

Chair Yoga has many benefits, including improved balance, flexibility, pain management and circulation, as well as stress reduction and improved mental health and wellbeing. Our one hour classes are coordinated by an occupational therapist and our social work team.

Times and Locations

Tuesdays 10:00am

The Gardens Recreation Centre
corner Kings and Martins Roads, Parafield Gardens

Tuesdays 1:00pm

Helping Hand Harrison Court
54 Buxton Street, North Adelaide

Commonwealth Home Support Programme or Home Care Package funds can be used to pay for an initial health assessment and your class fees. Private health insurance rebates for fees may also be claimed.

Contact us on 1300 444 663 or homecare@helpinghand.org.au to find out more