



LIZ FRANKLIN'S  
**Yoga in Chairs™**  
YOU CAN DO THIS!

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For Immediate Release — October 6, 2008

## **MS Foundation Brings Chair Yoga to Denver**

***Free yoga classes designed for individuals living with multiple sclerosis will be offered in Denver beginning October 22<sup>nd</sup>.***

**Denver, CO** – Liz Franklin's Yoga in Chairs® has been bringing the benefits of yoga to people with physical limitations for over 7 years. Thanks to a generous grant from the Multiple Sclerosis Foundation there is no expense to those participating in the program.

In studies cited by the MS Foundation, yoga has demonstrated beneficial effects for MS and cognition. The benefits may include increased body awareness, spasticity relief, increased coordination, better balance, increased flexibility and strength, diminished fatigue, increased tolerance to heat, improved circulation and breathing, enhanced alertness, stress reduction, and an overall feeling of well-being.

An MS patient (and one of her enthusiastic students) had this to say about Liz Franklin's Yoga in Chairs® program:

"Just over a year ago I could barely walk. My doctor recommended yoga. However, I found traditional yoga too strenuous and required too much effort getting up and down. Yoga in Chairs has provided me with all of the benefits of yoga without the physical stress of getting up and down. I now walk with ease. I have regained muscle strength, increased flexibility and feel so relaxed after class."

This program is designed to allow anyone who can sit in a chair (yes, even a wheel chair) to participate in this easy and gentle form of healing movement.

Liz Franklin says "I have been sharing chair yoga with people living with MS for over three years now. The response has been remarkable and the progress of the students is spectacular."

The free one-hour class will be held on Wednesday evenings at 5:30 at First Unitarian, 1400 Lafayette, Denver, CO in the Chapel.

For more information please contact Liz Franklin, at 303-296-3314 or by email at [Liz@YogaInChairs.com](mailto:Liz@YogaInChairs.com)

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