



Yoga sessions during IPFweek 2021

*Join us for 6 sessions of chair yoga and 2 sessions of eye yoga (a nice way of finding relaxation)
by Samantha Nier*

As part of IPFweek 2021 EU-IPFF offers daily online yoga sessions for everyone.

You may know Samantha from the EU-IPFF Secretariat. Since few years, during her free time, she is also guiding yoga classes and especially chair yoga classes. She developed those classes based on her personal experience as a patient as well as from her work with (cancer) patients and their caregivers. These classes are for everyone who want to feel his/her body moving and reconnect to it. If you have never done yoga and want to discover it, if you are a patient (cancer, chronic disease or any other condition, under treatment or not), if you are a bit older, if you are not a sporty person, if you don't feel like going into a studio or a fitness, etc. Whatever the reason is, yoga offers a lot of benefits!

The sessions will take place during IPFweek which runs from **18-25th September 2021**.

Program:

Saturday 18 th :	45 min - 9AM CET – Chair yoga
Sunday 19 th :	30 min - 9AM CET – Chair yoga
Monday 20 th :	30 min - 17:30 PM CET – Eye yoga and meditation
Tuesday 21 st :	30 min - 12PM CET – Chair yoga
Wednesday 22 nd :	30 min - 8:00AM CET – Chair yoga
Thursday 23 rd :	30 min - 17:30PM CET – Eye yoga and meditation
Friday 24 th :	30 min - 12PM CET – Chair yoga
Saturday 25 th :	45 min - 9AM CET – Chair yoga

What you need for the classes:

- For chair yoga: a chair without armrests and wheels, comfy clothes, and a bit of space around you
- For eye yoga and meditation: comfy clothes, candle, blanket, etc. anything to feel comfy and cosy!

Register for classes:

<https://us02web.zoom.us/j/87122786788?pwd=M2gxaUd0bzBKM0ErMlBmcTZtTTAzZz09>

Meeting ID: 871 2278 6788

Passcode: 916787

In case you have questions, please do not hesitate to contact Samantha Nier on e-mail:
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