



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.

Locations

Our Chair Yoga classes are held at:

Parafield Gardens Wellbeing Centre
422 Salisbury Highway, Parafield Gardens

Helping Hand Harrison Court
54 Buxton Street, North Adelaide

Golden Grove Wellbeing Centre
1000 The Golden Way (the Clock Tower Building),
Golden Grove

Government aged care 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

Information current as at 23 June 2025