



Here and Now, the Pietra Fitness Chair Collection is an excellent way to move your body, lengthen and strengthen your muscles, lower your blood pressure, improve your balance and circulation, and, best of all, to pray! All of this is done while sitting in a chair or using the chair for support. Move at your own pace, doing what you are able and modifying as needed. Pay attention to your body, and do not hesitate to pause or take a break when necessary. The Scripture and prayers for each class focus on a different aspect of living in the here and now, as Fr. Jacques Philippe offered in his book Interior Freedom.. Log in, and click on the plan to get directly to the class.

Pietra Fitness Chair: Here & Now Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday Rest	Chair: Here & Now #1 31 min		Chair: Here & Now #2 28 min		Chair: Here & Now #4 36 min	
Sunday Rest	Chair: Here & Now #3 32 min		Chair: Here & Now #2 28 min	Chair: Here & Now #1 31 min	Chair: Here & Now #5 42 min	
Sunday Rest	Chair: Here & Now #6 37 min		Chair: Here & Now #2 28 min		Chair: Here & Now #4 36 min	
Sunday Rest	Chair: Here & Now #3 32 min		Chair: Here & Now #2 28 min	Chair: Here & Now #1 31 min	Chair: Here & Now #5 42 min	