

Seniors Yoga

Studies show a regular yoga practice for seniors yields numerous benefits:

- Reduced stress
- Reduced fatigue
- Reduced pain & stiffness
- Reduced blood pressure
- Improved sleep
- Improved mood
- Improved mobility
- Improved hand grip strength

A safe, well-rounded practice designed especially for seniors, with modified poses and extensive use of props. The instruction focuses on alignment and posture to maximize the benefits of each pose.

\$11 per class or \$50 for a 6-class pass to use over 2 months.

Wednesdays

9:15-10:30 am

14606 West Center Road

Fridays

11:30-12:30pm

5020 Dodge Street