

Yoga for Seniors

A WHOLISTIC APPROACH TO AGING

REJUVENATE THE SPIRIT:

Yoga is an ancient art and science that integrates the body, mind and breath. It is an excellent way to assist and even help slow down the aging process.

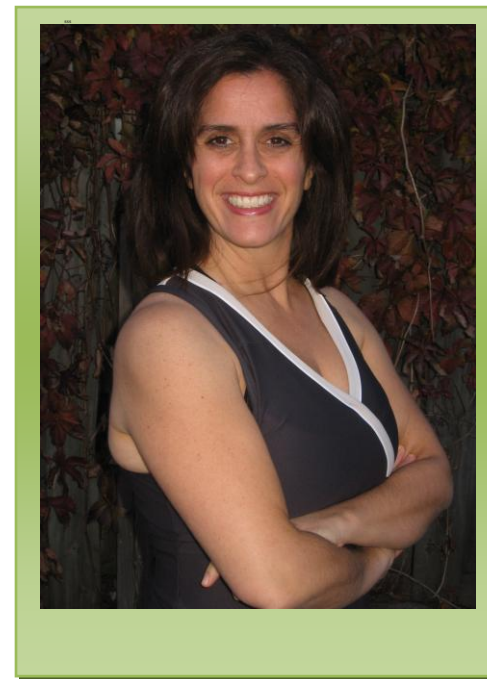
BENEFITS:

- Aids in breathing freely
- Improves cardiovascular health
- Lowers blood pressure and cholesterol
- Strengthens bones
- Reduces swelling in joints while increasing joint mobility

THE HOW:

Classes are designed to meet the needs of an older student. With the assistance of a chair and wall, students are guided through a gentle, yet challenging series of yoga postures, bringing about a renewed sense of balance, peace and well being.

Come experience the healing powers of Yoga.



DEA BOZZO

Dea Bozzo is a Certified Senior Yoga Instructor. She is known for her compassionate and inspiring teaching style for people of all ages and abilities.

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