

# Yoga for Beginners



## Every Friday Morning

11:00 a.m. until 12:15 p.m.

In the Lounge (Main Floor)

Stretch and loosen up with a Yoga class that is designed especially for senior beginners. Yoga has been around for a long time, and for good reason. It's been shown to alleviate or reduce many health challenges including arthritis/bursitis, osteoporosis, poor blood circulation, high blood pressure, chronic back pain, and the inability to sleep soundly. No wonder that Yoga is the fastest growing fitness program and an increasingly popular exercise choice for older adults. In this class we do both mat and floor work, so it is NOT a good choice for frail adults.

- Please wear loose clothing.
- Do NOT eat at least two hours before class.
- No Registration needed—Just come to class.
- Your Instructor is Petra Fibrichova. Petra is a trained and Certified Movement Fitness Educator with plenty of teaching experience.