

# Senior Yoga Class

May- June, Thursday Nights, 5:30-6:30pm

**This class is designed for those people wanting to:**

- Build Strength
- Increase lung capacity
- Increase energy
- Learn to relax
- Increase Flexibility
- Decrease stress
- Increase body awareness

**What to Expect:** We will practice deep diaphragmatic breathing to:

- improve oxygen exchange
- calm and relax our minds
- assist in deepening poses
- aid in the flow of postures

**Class Structure:**

1. Warm up phase
2. Work Phase
3. Cool down with deep stretching
4. Final relaxation (The best part!)



**What to Wear:**

Please wear loose comfortable clothing



**What to Bring:**

- Please bring a water bottle. It is important to stay hydrated
- Yoga mats and blocks will be available. However, you may bring your own mats if you wish.
- A positive attitude!!

**Other Important Information:**

- It is highly recommended that you practice yoga on an empty stomach. Having a light healthy snack 2 hours before is a good idea.
- Bring a positive attitude.
- No previous yoga experience is necessary

