

# 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.

**Fridays**

**1:00-2:00 pm**

**5020 Dodge Street**

**402.551.5020**