Senior Yoga

Yoga is an excellent way for older adults to loosen and stretch painful muscles, reduce stress, and improve circulation. It also reduces anxiety, helps lower blood pressure, protects joints, and builds strength and balance.

Instructor: Nancy Stetson
Cabin fever session: March 4 – April 8, 2020
Make-up if needed: 4/15/20 & 4/22/20
Spring session: May 6 – June 10, 2020
Make-up if needed: 6/17/20
When: Wednesday mornings
Time: 8:30-9:15am
Where: Meredith Community Center – Room B
Fee: $20 Resident $25 Non-Resident
*Class is limited to 15 participants per session*

Not everyone needs the chair for balance, but it is an option that will be provided for all during class. The chair is not a crutch. It is simply a tool to use, like yoga blocks and straps, to make yoga accessible to everyone.