

SENIOR YOGA



Friday mornings from 10-11 a.m.

Beginning May 7th, 2010

At the Community Yoga
Center

310 Mary Street ~ San Marcos, Texas
an outreach project of Yoga and Health

It is never too late to begin practicing yoga! This class is designed to meet the needs of older individuals. Poses may be practiced standing, lying on the floor, or sitting in a chair. Modifications will be taught and props may be used to ensure the safety and comfort of each student. Participation in this class will provide an opportunity for the student to:

Improve balance
Increase strength and flexibility
Improve breathing
Reduce stress and muscle tension
Experience inner peace

This class is taught by Bonnie Pronsky, a Certified Yoga Therapist and yoga teacher with over 2,000 hours of teaching experience. Bonnie received special training to work with seniors from Duke University School of Integrative Medicine in Durham, North Carolina. Bonnie's encouragement and gentle, friendly nature will inspire you to use yoga to enhance your health, joy and sense of well being!

*To Register, contact Bonnie Pronsky
at 281-788-7926*

Visit our website ~ www.Yoga-and-Health.org