

# Yoga for Healthy Aging

## *Real-Life Exercise for 55+*



- ✓ **Strengthen** *Muscles for Longevity*
- ✓ **Improve** *Mobility of Joints*
- ✓ **Learn** *Techniques of Balance & Posture*
  
- ✓ **Breathe** *Easier and Reduce Stress*
- ✓ **Boost** *Energy and Outlook*
- ✓ **Maintain** *Your Independence*

**Move Better. Feel Better.**

**ALL levels welcome and new class every time**  
**Call/Text for info & Sign Up! Kat 646-594-6022**

**Classes SB1 Fitness Ctr**

Tuesday 8:30-9:30am

Thursday 8:30-9:30am

Saturday 7:30-8:30am

*(Private sessions also available)*

