



## Bliss Yoga Studio

780 Community Drive, Suite 7, North Liberty, IA

[www.bliss-yogastudio.com](http://www.bliss-yogastudio.com)

## Yoga for Seniors, the Art of Aging



Being healthy well into your golden years means staying active – but in a way that makes sense. It's been proven that a regular, consistent, and dedicated practice of yoga will help you gain all of the benefits promised from this form of movement.

### **Ready to improve strength, posture, and balance?**

Yoga helps mitigate the effects of tight joints and muscles, increases balance and confidence in balancing, helps with low back pain and poor blood circulation, and creates a social environment to share your practice and HAVE FUN!

**Who can attend?** Anyone who wants to keep themselves happy and healthy, and enjoy an hour of camaraderie with their peers is welcome to attend. Participation is encouraged by doing as much as you can with options to use a chair or to sit and rest when needed. Our instructor will work with individuals needing extra equipment or pose variations during class to optimize the strength and balance gains from yoga.

**Class Time: Tuesdays at 10:00 am**

Senior Punch Cards Available