



Jade Integrated Health  
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### **Yoga for the 50+ Crowd**

Hello Friends,

We have an exciting announcement to make, our Wednesday noontime yoga class is changing to serve the under met needs in our community! Beginning March 5, 2014 this class will be geared towards the 50+ crowd.

As we (all) grow older, we're not doing the same type or amount of physical things we used to, it's very possible that we become less active. Yoga is a very gentle, easy but powerful way to keep your body moving and grooving well into your retirement years.

Take balance for example. Many folks over 50 begin to notice their balance diminishing, sometimes slightly, sometimes significantly. Even if it's just a little, it makes a difference in what you can comfortable and easily do in your daily life. If you don't use balance, you loose balance - and yoga is based on balance: balance of body, of mind, and of spirit.

Yoga also helps keep us flexible and strong, making our daily life-activities easier. Come and do what you can, as you can. There's no competition in the studio,

it's about meeting yourself right where you are and working from there. We are here to enhance your life through movement. Get started improving your lifestyle with yoga!

All classes are drop-in, 5 & 10 class punch cards available. Please call with any questions and join us anytime.

### **Understanding Yoga for the 50+**

Of all possible exercises, stretching tends to be the most overlooked and neglected among seniors, yet nothing is more vital to keeping an aging body limber and injury free. Here's what you should know along with some tip and resources to help you regain some flexibility.

As we age, our muscles naturally lose their elasticity if you're not active, which can make common day-to-day activities like reaching down to tie your shoes, or looking over your shoulder to back your car out of the driveway difficult.

But the good news is, by incorporating some simple stretching exercises into your routine (at least three times a week) you can greatly improve your flexibility, as well as enhance your balance, posture and circulation, relieve pain and stress, and prevent injuries. In addition, stretching is also important as a warm-up and cool-down for more vigorous activities, and leg stretching is an excellent way to prevent nighttime leg cramps too.

"From flexibility to peace of mind, yoga develops qualities to keep you young at heart"

### **From your teacher:**

This class is designed for the baby boomer body. Whether you are new to yoga or have been practicing for years, if you are over 50, this class is for you! All levels are welcome!

Come practice yoga with a group of similarly aged people taught by a warm, friendly and supportive 63 year old teacher. We will start with breathing and centering, continue with a gentle warm up, then move into a slow vinyasa flow practice. The class will focus on supporting healthy joints, building strength, increasing flexibility, improving circulation and balance, relieving stress and feeling good! Studies show that those in their wisdom years are finding a multitude of benefits from their practice including increased flexibility, medical prevention, relief from depression & anxiety and improved sleep.

The great thing about yoga is that you start from right where you are, so you're already right where you need to be! Come find out how yoga can help you live your life with ease in a full and whole way! Just as yoga unites all of us in practice, it also brings us together, in all stages of life.