

Cantley Community Centre
Friday 9th January 2015
10:30-12:00

£5 discount your
first drop in session

Tel :07904
262877 or
865253



WANT TO GROW OLD
DISGRACEFULLY?

Yoga for later years?

How yoga can significantly help the stiffness and health problems associated with getting older.

It is a fact that as we age our bodies tend to become more rigid and inflexible. Some people in their twenties can already find they suffer from stiff joints and back pain, as a result of their sedentary lifestyles. *The loss of the capacity to move and bend with flexibility is the defining hallmark of old age.*

Of all the different types of exercise ever devised, yoga has shown itself as a system which can preserve our youthful suppleness and physical well-being AND our sense of emotional well-being better than any other.

3 myths about yoga

It's only for the young and fit

Anyone, at any age can begin yoga. It's about learning to listen to your body and gentle movement. With guidance from a good teacher you can learn how to stretch and increase your flexibility and strength without risk of injury.

It's about getting your foot behind your ear!

The primary aim of yoga is NOT flexibility, it is balance. You may have flexibility - but what you need is strength. You may have strength, but need flexibility. You may be stressed and need to be able to relax. You may have trouble staying motivated. You may suffer the effects of illness which takes you out of balance.

What yoga does is challenge you wherever you need it - making you a more balanced person.

That it's sitting cross legged chanting!

Yoga is not a religion. Yes - it does have breathing and meditation techniques designed to help you relax and calm your mind, but its primary aim is to help you de-stress and unwind from the pressures of daily life.

Learning how to include even a short 20 minute practice of yoga into a regular routine can make a massive difference to the ageing process, helping you lose weight, de-stress, reduce stiffness or joint pain and help keep you fitter for longer, so you can get on with living the life you want to lead.

These classes will help you devise your own, simple but effective personal routine to:

Prevent or reduce stiffness and back or joint pain

De-stress, unwind and feel calmer

Improve your flexibility and strength

Tone your muscles

Lose weight

Contact: Shona Garner at www.yogaover45.co.uk



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