



## GRAIN VALLEY COMMUNITY CENTER

-Find your balance-

# SENIOR YOGA CLASS

**\$2.00 Per Class**

Mondays 10:40am - 11:25am

SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses.



**FREE TO  
SILVERSNEAKERS  
RENEW ACTIVE  
AND SILVER FIT  
MEMBERS**



Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Why yoga? See back for benefits...

## **In Class Exercises**

SilverSneakers YogaStretch classes offer a variety of stretching exercises in both seated and standing positions. The positions involve stretching and reaching your limbs and gently bending your body into easy to reach positions that are designed to target specific muscle groups and joints within the body. The yoga positions are designed with SilverSneakers participants' needs in mind and are easy to perform no matter your fitness level. The stretching exercises are not as strenuous or as difficult as the ones you might do in a general yoga class at your gym, but they provide many health benefits to older adults. To ensure the safety and enjoyment of SilverSneakers yoga participants, chairs are provided to hold onto for additional support for standing exercises if you should need it.

## **Physical Benefits**

The movements and stretches done during a YogaStretch workout help increase muscle tone and build strength. SilverSneakers YogaStretch also promotes joint health. Exercising the joints keeps them functional and helps you remain pain-free. Flexibility, range of motion and balance are also improved through yoga -- each of these can help prevent falls and the injuries they cause. As with any exercise, yoga is a great way to stay active and increase your heart health. According to SilverSneakers, sedentary people are twice as likely to develop heart disease as those are are physically active. Yoga is a great way to remain active and lower your risk.

## **Mental and Emotional Benefits**

SilverSneakers YogaStretch uses restorative breathing exercises to promote a sense of relaxation, reduce mental stress and improve mental clarity. Yoga goes beyond physical exercise to improve your physical and mental health. You may also enjoy the sense of friendship and camaraderie you get from getting to know other SilverSneakers class participants.

For inquiries, please call 816-847-6230

