

YOGA & CHAIR YOGA

One of the great things about yoga is that unlike most physical sports or disciplines you can start at any age. You don't need to be physically fit or active to take up yoga.

Whether you're 55 or 85, it is never too late to take up a yoga class. Yoga is a very gentle and relaxing technique helping to release stiffness and tension from all parts of the body and is therefore ideal for people over 50.

Yoga classes help the over 50s by providing elasticity to the spine, firming up the skin, removing tension from the body, strengthening the abdominal muscles, and improve the quality of muscle tone and correct bad posture.

Yoga classes help develop breathing techniques which help older people deal with the demands of modern life. As a result stress and many illnesses such as depression can be overcome by attending over 50s yoga classes.

Many benefits can be gained from attending a Yoga class as it can increase energy levels, flexibility and ease from many symptoms of pain and discomfort like arthritis, back pain, neck problems, diabetes, high blood pressure, sciatica, and asthma.

Many problems associated with ageing such as circulatory disorders, arthritis and digestive complaints are a result of lack of exercise, poor eating habits and shallow breathing. Yoga can help alleviate these complaints.

Fitness Level: All

Times offered:

Yoga

Tuesday & Thursday 5:30 pm

Cost: \$5 per session

Chair Yoga

Tuesday & Thursday 1:00 pm

Cost: \$3 per session