

SENIORS YOGA (8 week course)

An 8 week progressive Yoga course specifically designed for ages 60+ that gently introduces the foundations of Yoga to promote a healthy ageing experience. Integrating meditation, breath work and physical poses, this course is accessible for all levels and accommodates the needs of the older adult. By practicing with us, you will notice the body become stronger and more relaxed, the mind become calmer and clearer, the emotions begin releasing and your self feel more at ease.

When: Saturdays (commencing 17th July) 8:30am - 9:30am

BEGINNERS TO LEVEL 1 YOGA (8 week course)

Nurture and develop your Yoga practice and feel the beneficial effects flourish throughout your whole being and extend out into the world. Includes physical poses, breathing techniques and meditation.

When: Saturdays (commencing 17th July) 9:45am - 10:45am

Each session will be held at Glenroy Neighbourhood Learning Centre

5b Cromwell Street, Glenroy

COST

Single pass - \$20 / \$15 concession

4 x week pass - \$60 / \$52 concession

8 x week pass - \$110 / \$95 concession



To register or enquire about the program

Email: nhcoordinator@glenlink.vic.edu.au OR Phone: 9304 3910