

Yoga For Retirees



What is Yoga For Retirees?

Yoga For Retirees is a yoga class for all levels of retirees. In this class, gentle sequences will help maintain the health of muscles, bones, and mind! Designed for all bodies of a certain age – no experience necessary!

What are the benefits?

- Teaches breathing techniques and postures that calm the body
- Nourishes the internal organs
- More energy
- Releases anxiety and stress
- Improves health and immune function
- Builds strength, balance and coordination

Make an appointment today:

You can call 402-934-1617 to sign up or go online at omahaic.com. Questions you can call or email Stevie Jelden at s.jelden@omahaic.com.

What can I expect when I come?

Yoga for Retirees is open to all people ready to gently explore the personal power that lies within. Cara will teach meditation, breath work, asanas/movement and affirmations. This class utilizes many props (including a chair) and modifications can be made for all students.

What is the cost?

- First time FREE
- \$17 Drop-In
- \$10 Student/ Senior Price
- \$125 10 class package (\$12.50 per class)
- \$225 20 class package (\$11.25 per class)

When is it?

- Every Monday at 10am
 - Omaha Integrative Care **MAIN**
 - Begins September 11th