

## TOP REASONS TO TRY YOGA NOW

---

- ◆ **PAIN RELIEF** Studies show that yoga eases the pain associated with many health problems, including cancer, arthritis, back and neck pain, hypertension, diabetes and other chronic conditions.
- ◆ **DECREASE INSOMNIA** Yoga decreases insomnia by triggering your body's relaxation response and calming your nervous system so that you can relax, fall asleep and stay asleep.
- ◆ **IMPROVED CIRCULATION** Yoga improves the flow of blood to the heart, lungs and vital organs. This improves immune functioning so that your body can stay healthy and fight disease.
- ◆ **BETTER ALIGNMENT** Yoga improves body alignment, resulting in better posture and reduced back, neck, joint and muscle problems. Better alignment helps to correct postural imbalances that can cause falls, strains or other injuries.
- ◆ **FLEXIBILITY** Yoga increases range of movement by gradually lengthening and stretching ligaments, tendons and muscles throughout the body. Increased flexibility can reduce aches and pains in muscles and joints. It can also lead to better balance which can prevent falls, strains and other injuries.
- ◆ **INCREASED STRENGTH** Yoga poses use every muscle in the body so that you can increase strength throughout your body. Because the poses include stretching and lengthening, they also have the benefit of relieving muscular tension and increasing relaxation.

## YOU'RE NEVER TOO OLD TO DO YOGA!

---

IN FACT, THE OLDER YOU ARE, THE MORE YOU CAN BENEFIT FROM YOGA. YOGA IMPROVES THE QUALITY OF YOUR LIFE BY STRENGTHENING YOUR BODY AND IMPROVING YOUR OUTLOOK. YOGA IS AN APPROACH TO EXERCISE THAT INVOLVES THE WHOLE PERSON—BODY, MIND AND SPIRIT.

MILLIONS OF PEOPLE ARE CHANGING THEIR MINDS ABOUT WHAT IT MEANS TO GROW OLDER. DOCTORS, SCIENTISTS AND EVEN SENIORS ARE REALIZING THAT COMMON PROBLEMS OF AGING—SUCH AS ARTHRITIS, BONE FRACTURES, HEART CONDITIONS, INCONTINENCE, CONFUSION, BREATHING DIFFICULTIES AND OTHER HEALTH PROBLEMS—ARE NOT INEVITABLE IN THE LATER YEARS. IN FACT, IN AMERICA, THERE ARE MORE PEOPLE OVER THE AGE OF 85 YEARS THAN EVER BEFORE. AND MANY PEOPLE IN THEIR 80'S ARE ACTIVE AND HEALTHY. THESE STRONG, HEALTHY OCTOGENARIANS ARE CHANGING THE WAY WE THINK ABOUT OURSELVES AND THE AGING PROCESS. YOGA CHANGES YOUR THINKING BY ALLOWING YOU TO ENJOY YOUR BODY WELL INTO YOUR OLD AGE.

THERE IS NO BETTER TIME TO START YOGA

### Anahata Yoga Center of Williamsburg

104 Bypass Road, Suite 201  
Williamsburg, Virginia 23185

Phone: 757-253-0080  
Fax: 757-253-0888  
E-mail: [info@williamsburgyoga.com](mailto:info@williamsburgyoga.com)  
Website: [www.williamsburgyoga.com](http://www.williamsburgyoga.com)

Anahata Yoga Center  
of Williamsburg

## YOGA FOR SENIORS



**TEL: 253-0080**

# YOGA FOR SENIORS



YOGA IS THE PERFECT EXERCISE FOR PEOPLE OVER 60 YEARS OLD. RESEARCH HAS SHOWN THAT YOGA EXERCISES REVERSE THE AGING PROCESS BY MOVING THE

JOINTS THROUGH THEIR FULL RANGE OF MOTION AND IMPROVING BLOOD CIRCULATION. YOGA CAN DECREASE THE ROUNDING OF THE SPINE AND IMPROVE OVERALL HEALTH. B.K.S. IYENGAR IS A FAMOUS YOGA TEACHER WHO STILL PRACTICES YOGA AT AGE 88. HE DEVELOPED A SYSTEM OF YOGA THAT USES PROPS SUCH AS BLANKETS, BLOCKS, CHAIRS, BELTS AND ROPES TO ACHIEVE THE BENEFICIAL EFFECTS OF YOGA POSES WITHOUT TOO MUCH FRUSTRATION OR FATIGUE. THIS SYSTEM IS PARTICULARLY WELL-SUITED FOR SENIORS. TEACHERS TRAINED IN THE IYENGAR STYLE OF YOGA TEACHING CAN HELP YOU TO LEARN WAYS TO FREE YOURSELF FROM THE ANXIETY AND UNCERTAINTY OF AGING. YOGA CAN HELP YOU TO LEARN NEW WAYS TO APPRECIATE YOUR BODY SO THAT YOU CAN FOCUS ON THE CONSIDERABLE WISDOM AND STRENGTH THAT YOU POSSESS. THIS CHANGE IN PERSPECTIVE CAN INCREASE YOUR SENSE OF WELL-BEING AND CONFIDENCE SO THAT YOU CAN ENJOY YOUR BODY WELL INTO YOUR OLD AGE.

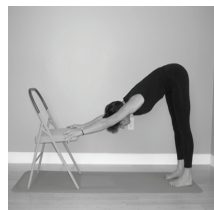
## Experienced Teachers

The teachers at Anahata Yoga Center of Williamsburg have countless hours of training and experience in anatomy, alignment, sequencing, and the use of props. You can attend classes with any of our teachers and know that the instruction will come from a solid foundation of knowledge about bodies and the practice of yoga. We also require our teachers to advance their expertise through continuing education, peer feedback and their own yoga practice.

## Props Allow Maximum Benefit



Props such as chairs, blankets, blocks, belts, bolsters and ropes allow people of all levels of flexibility to benefit from yoga. For example, people who have difficulty sitting on the floor can sit in a chair to make the exercises safer and more accessible. Bending forward to a chair or putting your hand on a block may also allow you to hold a pose longer and experience its beneficial effects without discomfort. Folded blankets, bolsters, blocks and belts can lengthen your muscles in a non-strenuous way to improve blood circulation and breathing. Props teach your body how correct alignment should feel and, over time, you may find that you no longer need as many props because your muscles are getting longer! To see examples of some poses using props, visit our website at [www.williamsburgyoga.com](http://www.williamsburgyoga.com).



## Classes for Seniors

Our classes are based on a system that matches students' abilities with appropriate levels of activities and instruction. We believe that matching your current level of fitness to our instruction will make your experience of yoga enjoyable, inspiring, fun and long lasting. The following classes are recommended for Seniors who are new to yoga or new to the Iyengar-style of yoga.. Our full schedule, including descriptions of classes is available on-line at

[www.williamsburgyoga.com](http://www.williamsburgyoga.com)

### Monday

5:30-7p Beginning Jennifer

### Tuesday

10:30a-12p All Levels Rosie  
4-5p Beginning Rosie

### Wednesday

8:30-10a All Levels Carolyn

### Thursday

10:30a-12p Gentle Jennifer

### Friday

7-8pm Relax & Renew Jennifer

## Anahata Yoga Center of Williamsburg

104 Bypass Road, Suite 201  
Williamsburg, Virginia 23185

Phone: 757-253-0080  
Fax: 757-253-0888

E-mail: [info@williamsburgyoga.com](mailto:info@williamsburgyoga.com)  
Website: [www.williamsburgyoga.com](http://www.williamsburgyoga.com)