

YOGA FOR HEALTHY AGING: CREATING A HOME PRACTICE

with Amy Slyfield

Do you wish that you had more time for yoga, but realize that you can't make it to the studio every day?

Have you ever rolled out your mat at home and thought, "Now what?"

Adding yoga into your life, every single day, may seem like a challenge. We often think that we need to carve out 60-90 minutes of time in order to make a difference. Practicing for 10-20 minutes, each and every day, is more beneficial to your long-term health than only getting to your mat once a week.

Join Amy for a six-week course focused on:

Strength
Flexibility
Agility
Balance
Stress Management
Circulatory System/Heart Health

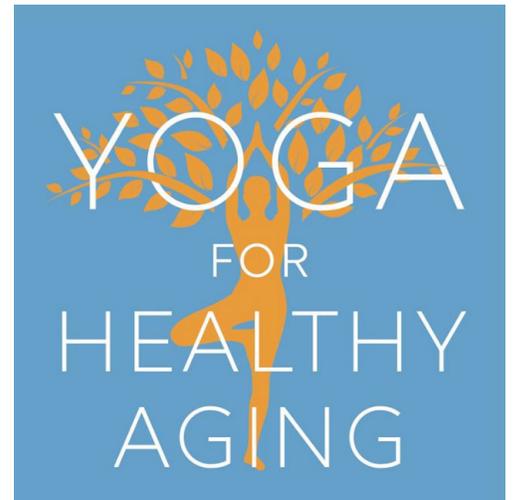
Yoga for Healthy Aging: Creating a Home Practice will provide you with the tools to create a personalized yoga program. Learn how and why yoga works to foster healthy aging, so you'll understand which techniques to use when. At the end of the course you'll have 18 mini-sequences, each 10-15 minutes long, that you can work into your daily routine.

This class is designed for yoga students of all ages who are familiar with foundational yoga poses, and who are relatively healthy and physically able. Participants should be able to stand unaided and move from the floor to standing. This course does not address specific medical conditions.



*May the practice of yoga and meditation cultivate kindness,
compassion and care for your mind, body and heart.*

1917 W. 103rd Street, 2nd Floor | 773-239-9642 | www.beverlyyogacenter.com



6-WEEK SERIES

WEDNESDAYS
5:15-6:45 pm

March 20 - April 24

\$120 early bird before March 15
\$130 after



Amy Slyfield is one of 18 Yoga for Healthy Aging certified teachers in Illinois. The comprehensive, week-long certification process was led by Baxter Bell, MD, 500-ERYT and Melina Meza, 500-ERYT. We are excited to be able to offer this to the BYC community!