

Gentle Yoga and Chair Yoga

Anne Gordon Center Winter Spring 2016



Yoga for older adults is hands down the best defense against the ravages of ageing. As one gets older you tend to lose flexibility, strength, muscle tone and become less steady on your feet. Also you can experience more issues with digestion and poor circulation. You don't have to just accept it.

Benefits from both yoga and chair yoga: Improved Flexibility, to help you move better and feel less stiff and tired. Improved muscle tone, strength, and endurance. With a stronger core, you will have better posture and you are more likely to sit and stand "tall." Less Stress, More Calm: You may feel less stressed and more relaxed after doing yoga. Some yoga styles use meditation techniques that help calm the mind. Good for Your Heart: Yoga has long been known to lower blood pressure and slow the heart rate.

Instructor: Mary Flournoy

Gentle Yoga—Beginning level

#180561	January 4-25	M	10:30 AM – 11:30 AM
#180562	February 1-29	M	10:30 AM – 11:30 AM
#180563	March 7-28	M	10:30 AM – 11:30 AM
#180564	April 4-25	M	10:30 AM – 11:30 AM
#185843	January 6-27	W	3:30 PM – 4:30 PM
#185845	February 3-24	W	3:30 PM – 4:30 PM
#185846	March 2-23	W	3:30 PM – 4:30 PM
#185848	April 6-27	W	3:30 PM – 4:30 PM
#186610	January 7-28	Th	9:15 AM – 10:15 AM
#186611	February 4-25	Th	9:15 AM – 10:15 AM
#186612	March 3-24	Th	9:15 AM – 10:15 AM
#186613	April 7-28	Th	9:15 AM – 10:15 AM

Chair Yoga—Beginning level with the support of a chair when needed

#180510	January 4-25	M	9:15 AM – 10:15 AM
#180511	February 1-29	M	9:15 AM – 10:15 AM
#180512	March 7-28	M	9:15 AM – 10:15 AM
#180513	April 4-25	M	9:15 AM – 10:15 AM
#180506	January 7-28	Th	10:30 AM – 11:30 AM
#180507	February 4-25	Th	10:30 AM – 11:30 AM
#180508	March 3-24	Th	10:30 AM – 11:30 AM
#180509	April 7-28	Th	10:30 AM – 11:30 AM
#185839	January 7-28	Th	11:30 AM – 12:30 PM
#185840	February 4-25	Th	11:30 AM – 12:30 PM
#185841	March 3-24	Th	11:30 AM – 12:30 PM
#185842	April 7-28	Th	11:30 AM – 12:30 PM



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parks.raleighnc.gov

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