

Yoga for Seniors

Inspiration for the Body, Mind and Spirit

We have to nurture our body, mind and spirit in order to tap into our true potential. This workshop is designed to help gently guide you into a healthier way of thinking and feeling.



Certified yoga and meditation instructor Debbie Achey, guides you through yoga poses improving your balance, core strength, digestion, circulation, spinal health and more. This workshop offers a perfect blend of yoga with meditation to create an experience that is both gentle and rewarding for all levels. Debbie also provides breathing techniques to help clear the mind and relieve stress. Yoga postures can be done while sitting in a chair or standing.

Thursdays 10:15am-11:30am
BMIA Recreation Building
40 Arbutus Street, Browns Mills
\$5 per class

Have questions or need additional information, please contact

Debbie at (609) 200-9324 / acheydebbie@yahoo.com