



Adaptive Yoga

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Yoga in America (2012) stated that out of the 20.4 million people practicing yoga, 37.2% were adults \geq 45 years.

What is Adaptive Yoga?

- History, Research & Integration for EVERY body!
 - Mind ~ Moving with INTENTION!
 - Body ~ Grounding/ Joint Alignment & Extension/Spine Health
 - Breath ~ Deep Diaphragmatic Breathing & Falling Out Breaths
- Modified Joint Freeing Series ~ Mukunda Stiles *Structural Yoga Therapy*
- Guided Relaxation ~ Namaste

Join Us!

- Adaptive Yoga (Normandale Center for Healing & Wholeness)
 - Wednesdays 10-11am at Normandale Lutheran Church in Edina
 - \$8/class
 - http://www.normandalecenter.org/seniors-family-services/health_wellness/exercise-programs/
- This Class is Just For YOU!
 - Thursdays 10-11am at Balance Life Wellness in Waconia
 - \$12/class (only \$10/class if over 55 years old!)
 - <http://balancelifewaconia.com>

If you have any questions or comments, please let me know!

Please follow us on Facebook, Twitter & Instagram (@JoyfulNoisesLLC)!

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