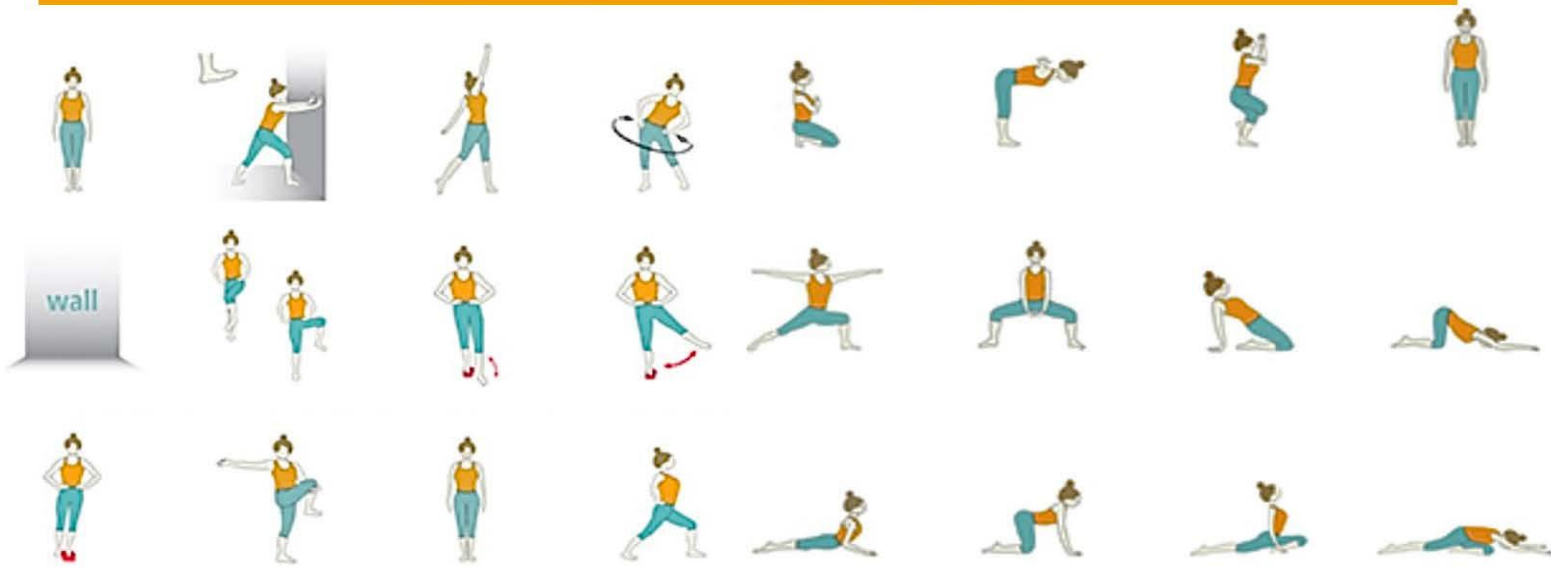


Gentle Yoga, Monday Mornings

9:00 AM

With Janie RYT500

Gentle yoga is essentially what it sounds like—a gentler style of hatha yoga practice. It is performed at a slower pace, with less intense positions, and usually includes, yogic breath work, and relaxation.



The practice of gentle yoga helps to:

1. Lubricate joints, warm ligaments and tendons, loosen tight muscles, strengthen your neural signals.
2. Build healthy tissues throughout the body.
3. Improve lung capacity, strengthen breathing muscles.
4. Restore resilience in muscles, emotions and thinking.
5. Improve self-confidence.

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Mid-County Senior Center

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