



*Senior Center Serving Adults Age 55+*

# **Moderate Yoga with Deborah Swann** **Beginning Tuesday, September 7th at 9:15 AM**



Join Yoga Instructor, Deborah Swann, for an Moderate Yoga Class. Moderate level yoga is for those with yoga experience, with no serious physical limitations, and who can comfortably get down and up from floor positions. This class delves deeper into classical practice offering various adaptations and longer holds.

**Please bring yoga mat and 2 yoga blocks.**

**Optional props: yoga strap and blanket.**

Poses are taught emphasizing alignment, breath, and self-awareness to cultivate a sense of confidence and competency. Practice combines postures, breath work, meditation, and philosophy to create a sense of wholeness and wellbeing in body, mind, and spirit.

**To RSVP, please call the office at (203) 452-5199.**

**Active membership is required to participate.**