

If you're concerned about falling, fractures, "Dowager's Hump" or osteoporosis... get active about your bone health with this series!

The Art of Bone Health Through Yoga

A FOUR-PART SERIES,
EACH BUILDING ON THE OTHERS

WEEK #1 WEDNESDAY, APRIL 18, 2-4PM

- Intro to Bone Health – what it is and isn't; how to keep and strengthen it.
- Balance, Alignment, and Posture – significant keys to preventing falls and fractures.
- Accessible Yoga – poses and moves to do daily to prevent falls, fractures, and "Dowager's hump" (*postural hyperkyphosis*), which can happen at ANY age!
- Exploration of movements and poses that can hinder or help bone health.

WEEK #2 WEDNESDAY, APRIL 25, 2-4PM

- Yoga poses to strengthen muscles, a key to strong bones and preventing falls and fractures.

WEEK #3 WEDNESDAY, MAY 16, 2-4PM

- Yoga poses to strengthen bones, another key to preventing falls and fractures.

WEEK #4 WEDNESDAY, MAY 23, 2-4PM

- Putting it all together with yoga poses to do daily to strengthen alignment, posture, balance, muscles, and bones.

Appropriate for adults of all levels & abilities. No prior yoga experience required. Modifications and movement options will be provided to accommodate all bodies.

Pricing— if purchased in advance or at 1st session:

\$120 for 4 classes. \$100 for previous Bone Health workshop attendees.

All classes at **Yoga Sutras, Anchor Bay**

Advance registration required by emailing CathyCassettaYoga@gmail.com

Maximum capacity is 10 people per session.

OUR STUDENTS SAY:

"Wonderful class. Just the right mix of information/ education and exercise. Thanks!"

"Thank you for renewing my faith in my body's ability to still move."

"I learned so much!"

SPECIAL DISCOUNT

If you took our Intro workshop in February, sign up for the 4-class package for only \$100!