

Active Senior Stand-Up Yoga

Are you an active senior and would like to continue to be active in your maturing body, without making you feel old? This is the class for you! Enjoy this fun gentle Yoga class with your peers and instructor Cathy Pulster, a certified Yoga teacher.

This gentle class will incorporate standing poses, and lying on the mat for relaxing floor exercises. You will work on range of motion, alignment, stretching, and strengthening. Participants should be able to get down and up from the mat without pain. You will use the breath to cultivate a sense of self-awareness and inner peace, ending with a peaceful savasana (meditation).

Cathy looks forward to service those looking for yoga and wellness!

Wednesdays 1:30-2:30
Dolan Center:
269 Common St, Dedham