

# Intermediate Mat Yoga

Tuesdays from 1:00-2:00



Dear Yoga Friends,

During my years as yoga teacher at the Senior Center, I have had the pleasure of working with people of all different experiences, levels and interests. I have tried to offer classes that suit the needs of both those new to yoga as well as those with years of prior practice. Chair yoga classes offer an appropriate level for many and mat yoga classes offer challenge for others. Some of you enjoy both! Even so, a number of you have asked about the possibility of a more advanced mat class and I'm happy to announce the addition of such a new class "Intermediate mat Yoga."

Intermediate Mat Yoga will be designed to cater to those more experienced yogis who are interested in more vigor and challenge. This class will include downward facing dog, plank, full sun salutations, squats, kneeling postures, and pranayama (breathing exercises) to name a few. Of course, there will be many options and modifications available as always and you will be encouraged to participate at a level that is appropriate for you. If you have been yearning to delve deeper into yoga in a playful, open way, this could be a good choice for you!

Pam.

**To register, call The Council on Aging at 617-349-6220**