

YES ...
YOGA classes
for Strong
Healthy Bones
and Balance.



YOGA

FREE for Adults 60+

**‘GOOD TO THE
BONE’**

Join Mary Bartel
Structural Yoga Therapist
Meditation Instructor

Fridays 10 - 10:45 AM Until 3/7/24

Yoga movement and poses focus on:

- ∞ Muscle and bone strength
- ∞ Improved posture
- ∞ Balance and coordination

Concentration meditation for:

- ∞ Mental acuity

Breathwork for:

- ∞ Improved respiration

Students must be able to get up and down off the floor.

Bring a mat, blanket, and water.

Held at the Saranac Lake Adult Center, 135 Broadway

For more information call or email Mary

518-354-2425 ∞ mary@innerquestyoga.com

Adult Center - 518-891-2980. ∞ **Drop-ins Welcome**

No need to be a member of the Adult Ctr to attend these classes.

