



Yoga and Meditation for Seniors



Thursday
11:30 - 12:45
Jan 25 - March 1, 2018
At Harmony Yoga studio
1955 Pauline Blvd, Suite 100 B

Kristi is offering a special class for seniors and those interested in a yoga practice with more support for the body. We will utilize a chair, the wall, and other props to assist the body in being comfortable and finding ease in the poses. In addition to some guided meditation, throughout the session we will focus our attention in the body and on the breath to strengthen our ability to be present.



The studio has all of the equipment we will need, including yoga mats. Simply wear comfortable clothing. For some of the poses we will remove socks to insure good footing. No shoes are allowed on the cork flooring.

The fee is \$10 per class. You may pay in advance for the 6 weeks, or pay as you go. Cash or checks made out to Kristi Holmstrom are accepted.

Please contact Kristi if you wish to participate or have questions!
kholms@umich.edu or 734-323-3221.



Instructor: Kristi Holmstrom has practiced Iyengar yoga for 15 years and recently completed a 200 hr teacher training in Sivananda yoga. She has taught introductory classes in Vipassana meditation at Insight Meditation Ann Arbor and has led many groups around town in meditation. She has a PhD in Teaching and Teacher Education from the University of Michigan and is a former school teacher, UM lecturer and researcher.