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## **Senior Yoga**

Date and Time

Monday 10/22/2018 9:00 to 10:00am

Event Region

Charlottesville Area

Event Type

Class

RSVP Info

(434) 654-7451 or [healthyaging@sentara.com](mailto:healthyaging@sentara.com)

Event Cost

\$0.00

Event Description

Sentara Martha Jefferson Hospital is offering senior yoga. Practice gentle yoga poses while sitting on a chair or standing using a chair for support. You will learn breathing techniques, stretching and flexibility, how to release tension and how to calm your mind. No need for prior yoga experience, taught by Dori Feldman, Certified Yoga Instructor. Contact Senior Service RN Program Coordinator, Jessica Cooper, by phone at (434) 654-7451 or email at [healthyaging@sentara.com](mailto:healthyaging@sentara.com).