

# Safe Yoga for Boomers and Beyond | Therapeutic Yoga

Age Requirements

0-5

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6-12

,

13-21

,

22-55

,

56-60

,

60+

Family

No

Intake Contact Email

bonnie@openingmovesyoga.com

Self Refer

Yes

Opening Moves Yoga

<http://www.openingmovesyoga.com>

Main

(703) 407-2065

1552 Scandia Circle

23190 VA

United States

Payment Method(s)

Private Pay

Languages Spoken

English

Safe Yoga for Boomers & Beyond and Gentle Yoga for Seniors classes are offered in Herndon, McLean, Fairfax and Centreville. Yoga for Parkinson's patients and their care partners classes offered in Sterling.

Private therapeutic yoga sessions also available upon request. Postures and movements are modified to meet physical health, challenges common to those age 40 and better, including: high blood pressure, diabetes, osteoarthritis, COPD, joint replacement, osteoporosis and heart conditions. The regular practice of Yoga also may improve insomnia, reduce stress and anxiety, assist with pain management and decrease the risk of falling.

Please call or visit [Opening Moves Yoga](#) for more information. Bonnie is available to come to your location upon request.

Some locations are accessible to public transportation; some locations are accessible. Call for more information.

Service Area(s)

Alexandria City

,

Fairfax City

,

Fairfax County

,

Falls Church City

,

Loudoun County

,

Washington DC