

BONES AND BEYOND: YOGA AND SUCCESSFUL AGING

Yoga for Bones and Beyond is a class designed especially for baby-boomers who would like to age with grace and strength. This includes those who have had bone density testing that has indicated osteoporosis or osteopenia and those with posture or balance concerns. Poses are adapted to help strengthen our upper backs, open our chests and hips, and provide weight-bearing in a variety of poses. There is emphasis on breathing, relaxation, balance, strength and flexibility. Adaptations and adjustments are made for each person as necessary to allow him or her to gain the most from the yoga practice.

Yoga for Bones and Beyond happens on Fridays at 9:00 AM
Bones and Beyond is taught by Pamela Borchert, RYT 200, PT.
Pam is a certified therapeutic yoga teacher, registered with the Yoga Alliance.
She is also a licensed physical therapist.

Please dress so you can move easily.
Yoga is performed barefoot, so you do not need special shoes.
Yoga equipment is available for trial.
Cost is \$5.00 suggested donation per session.

CONTACT INFORMATION

Pam Borchert
(989) 464-6044

APlex
701 Woodward Ave
Alpena, MI 49707
(989) 356-6164

