

Gentle Yoga

Gentle Yoga is a guided practice which incorporates movement, breathwork, and meditation. Students will be led through a calming meditative practice and gentle, restorative movements to support their overall health and well-being. Students will be offered a series of options for each pose and guided through the use of yoga props - including chairs, blocks, bolsters, and blankets - to help students find the optimal range of poses for their practice.

A regular yoga practice has the potential for positive impacts, both physical and emotional. Yoga can build strength, flexibility, and balance; support increased awareness of the breath and body; promote better sleep and relaxation; improve breathing; and reduce stress and anxiety.

PROGRAM DETAILS

- Beginner friendly
- Accessible
- Suitable for all levels
- No experience required

BENEFITS OF YOGA

- Builds strength, flexibility, and balance
- Promotes better sleep and relaxation
- Improves breathing
- Reduces stress and anxiety

Call **(502) 588-0433** or visit www.tragerinstitute.org/yoga