## Forever Young Yoga



## Benefits of Seated Yoga for Seniors

## Helps to -

- decreased blood pressure
- increased respiratory efficiency
- improved range of motion & posture
- increase in strength and resiliency
- improved immune function
- decrease in pain
- increased steadiness
- improved depth perception
- improved balance
- Particularly helpful in relieving the symptoms of arthritis, hypertension and osteoporosis.



Contact Elizabeth Mueller or Bev Vink 604.845.9642 or 604.819.4704 info@spirityogaonline.com