

SENIOR SUPPORT AT COASTAL QUEENS

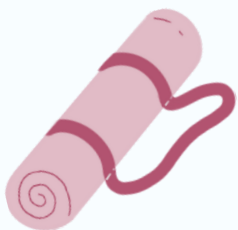
GENTLE & ACCESSIBLE YOGA

FREE FOR SENIORS | \$10 for non seniors | Every Monday 11:30am

Yoga Classes with instructor extraordinaire Melissa Belkin will start up again on Monday, March 18th at 11:30am!

The class is free for those who consider themselves senior citizens and \$10 for those who don't. CQP is committed to the health and wellness of our aging population. This yoga class is considered to be gentle and accessible, you may sit in a chair for the class or feel free to bring a mat.

Melissa is an incredibly caring and attuned professional who ensures every participant is getting what they need.



**STARTING
MARCH 18TH**



Melissa Anne Belkin is a certified 200-hour Hatha and Vinyasa Yoga Teacher registered with the Yoga Alliance, a Royal Conservatory of Music trained piano teacher and holds a Bachelors Degree in Sociology and Anthropology from Guelph University. In addition to her 200-hour RYT, Melissa has completed Inclusivity Training for Yoga and is Level 1 Yoga Shred™-Trained.



ACCESSIBLE GENTLE
YOGA
with Melissa

11:30AM MONDAY MARCH 18

USE A CHAIR OR BRING YOUR MAT
OPEN TO ALL BUT **FREE** FOR SENIORS 55+



\$10 PER CLASS FOR NON SENIORS
(NO PRIOR YOGA EXPERIENCE NECESSARY!)



What is YOGA?

Yoga as exercise is a physical activity consisting mainly of postures, often connected by flowing sequences, sometimes accompanied by breathing exercises, and frequently ending with relaxation lying down or meditation.

Yoga in this form has become familiar across the world, especially in the US and Europe. It is derived from medieval Haṭha yoga, which made use of similar postures, but it is generally simply called "yoga".



YOGA BENEFITS

reduce stress

joint pain relief

improve sleep

improve balance

increase mobility, flexibility and strength

and more!

RESOURCES FOR FURTHER READING



<https://bmjopen.bmj.com/content/9/5/e027386.abstract>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8341166/>