

A woman with a flower crown sits on a rock in a forest at sunset. The background is a soft, golden glow from the setting sun, with trees and foliage visible. The overall mood is peaceful and natural.

Mind & Body & Spirit,  
**connection**

Brought to you by The Healing Arts Center

Summer 2008

"Adopt the pace of nature;  
her secret is patience."

*Ralph Waldo Emerson*

[www.TheHealingArtsCenter.net](http://www.TheHealingArtsCenter.net)

# Seniors' Yoga

*Yoga is for everyone - especially those approaching their "Senior" years!*

In 2004, there were approximately 30 million Americans over the age of 65. By the year 2030, that number is expected to grow to 65 million. Will you be among the largest segment of the population in 20 years? Do you want to feel younger as you get older?

Research has proven that taking up a yoga practice at the tender age of 50 can help to reduce the effects of aging. In India it is customary for those in the second half of life to begin a yoga practice for the first time.

The specific benefits of yoga for Seniors include:

- ☞ increase in energy
- ☞ normalization of blood pressure
- ☞ increase in balance and flexibility
- ☞ decrease in fat mass and cholesterol levels
- ☞ increase in self-confidence/positive mood
- ☞ increase in muscle strength and endurance

"Yoga is a gift for older people. One who studies yoga in the later years gains not only health and happiness, but also a freshness of mind since yoga gives one a bright outlook on life. One can look forward to a satisfying, more healthful future rather than looking back into the past... Yoga is a rebirth which teaches one to face the rest of one's life happily, peacefully, and courageously."

-- Geeta S. Iyengar,  
*YOGA, A Gem For Women.*

The Healing Arts Center offers individual and group yoga classes for "Seniors," as well as for "beginners." Please call to see which class is right for you.

"Yoga does get better with age! And age gets better with yoga."

--Lilias Folan,  
*Yoga Gets Better with Age.*



## class descriptions

**Beginner's Yoga:** Basic Hatha yoga pose presented so that each person can work with We will use chairs and other props in this class

**Dynamic Stretching:** Combines stretching, tion awareness to develop flexibility and st experience profound relaxation. This cla techniques to help with chronic pain, improve feel good! *Teacher - Ben*

**Gentle Yoga and Stretch:** This class is for strong or flexible, but would like to be able to or discomfort. We will present small, use making yoga accessible to those who ma Beginners. *Teacher - Saun*

**Hot Yoga:** This is a challenging 90 minute I room, designed to stretch and strengthen 10 bring water, a towel, and a mat - and be prep Intermediate. *Teacher - Risa*

**Slow Flow:** Based on Vinyasa Flow, this cl pace with a strong emphasis on body awaren more challenging than Beginner's Yoga. *Teacher - Theresa*



**Tai Chi:** Tai Chi foc throughout the bod movements combir work. It is excellent : ing balance and *Teacher - Saun*

**Yoga Basics:** Foc alignment within sin a proper founda challenging poses a ready. Intermediate.

# benefits of yoga

*Yoga is the primary focus of the Healing Arts Center. Participating in a yoga class or a personal yoga practice regularly may lead to the following benefits:*

- ☞ Better flexibility
- ☞ More energy
- ☞ Weight loss over time
- ☞ Better body awareness
- ☞ Stronger muscles
- ☞ Fewer aches and pains
- ☞ A sense of wellness and peace of mind
- ☞ Gentle healing from injuries or surgery

poses and relaxations skills are within their own comfort zone. class. *Teacher - Theresa*

ing, deep breathing, and meditated strength, relieve tension, and class provides students with rove physical condition and just

; for those who do not feel very ble to practice yoga without pain useful and encouraging steps, y may not practice otherwise.

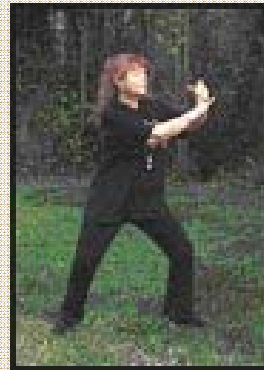
ute Hatha yoga class in a heated en 100% of your body. Please prepared to sweat! Beginner to

is class is presented at a slower areness and breath work. A bit ga. Beginner to Intermediate.

i focuses on moving chi (energy) body with continuous flowing mbined with mindful breath lent for releasing stress, improvad lowering blood pressure.

Focuses on form and proper 1 simple poses, giving students undation to pursue more es and classes when they are iate. *Teacher - Julie*

## Tai Chi and Chi Kung



*Learn to move through life with grace, balance and harmony with Tai Chi and Chi Kung.*

Tai Chi and Chi Kung use a series of slow movements combined with deep breathing that cultivates and builds inner "Chi," the life force within us and all around us. This helps enhance the body's natural healing abilities.

### **The difference between Tai Chi and Chi Kung:**

Chi Kung is a group of exercises that contribute to strengthening our legs, arms, heart and lungs. Tai Chi is more like a dance, taking us deeper into our center. It is often called a moving meditation.

**Benefits of Tai Chi:** Tai Chi helps to improve balance and awareness of our surroundings. It releases stress, lowers blood pressure, improves body/mind connection and is great for people with arthritis.

Teacher Saun Stone has been teaching Tai Chi/Chi Kung for 12 years and is certified in the "Sun" & "White Dragon" styles of Tai Chi.

Saun's class typically begins with 30-40 minutes of Chi Kung and then moves into the more dance-like Tai Chi movements. All levels are encouraged to participate.

Please join us Mondays at 5:45 pm for a 60-70 minute class. Call Saun at 707-954-9824 for more info.

## schedule of classes

**Mon** - 9 am Beginner's Yoga  
4:15 pm Gentle Yoga  
5:30 pm Tai Chi

**Tues** - 9 am Slow Flow Yoga  
6 pm Hot Yoga

**Wed** - 9 am Yoga Basics  
6:30 pm Dynamic Stretching

**Thurs** - 9 am Slow Flow Yoga  
6pm Slow Flow Yoga

**Fri** - 9 am Beginner's Yoga  
6 pm Hot Yoga

**Sat** - 10am Meditation Group  
11:30 am Seniors Yoga  
*(Individual Session is required  
before attending Seniors Yoga)*

*This is the schedule for June, 2008.*

*Although every effort is made to maintain this schedule  
for the entire Summer season, class times may change.*

*Please call 218-5409 to confirm before attending class for the first time.*

## class prices

### Yoga:

\$5 - \$8 per class

\$30/5 classes

\$50/one month unlimited

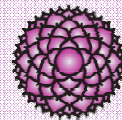
### Meditation:

\$3 per class

\$10/one month

### Tai Chi:

\$30/6 week session



## The Healing Arts Center

625 Second Street Crescent City, CA 95531

(707) 218-5409 ☎ [www.TheHealingArtsCenter.net](http://www.TheHealingArtsCenter.net)

*"One who looks outside Dreams. One who looks inside Awakens." - Carl Jung*