



Fall Yoga for Balance

Join us in Celebration of Autumn (Fall)

October 23rd, 2018: 6:30pm-7:30pm

Tuesday Evening Radium Library, at the

'Speakers' Corner':

Fall Yoga for Balance

Introducing Yoga Therapy: A talk by Purnima Gosavi that includes experiential knowledge of correct physical postures, right breathing technique and healing mind-set to prevent fall injuries & sleep better.

Are you interested in learning how to strengthen your legs, ankles and knees for a better BALANCE to prevent falls and injuries?

Would you like to learn how to breathe intentionally to enhance your body's metabolism that will ensure you digest and assimilate the nutrients well, so that you feel warm, energetic and peaceful within?

Then please join us at the Radium Public Library for an information session on Fall Yoga for Balance, preventing fall injuries by strengthening your mind and body especially your legs, ankles & knees.

Purnima will guide you through gentle yoga postures, stretches & breathing techniques to improve your sense of balance and wellbeing.

Bring your yoga mat. A few mats will be provided.

Dress Comfy. Light stomach. All age group & abilities welcome.

This is a FREE community event!