



YOGA THERAPY FOR THE BRAIN

Learn strategies to improve your brain's health with conscious movement, dance and meditation

www.belmont.gov/parksandrec

OBJECTIVES

Improve your coordination, balance, attention, circulation and brain health!

Receive personalized attention as you practice:

- **Cardio:** Learn & practice basic and fun dance steps
- **Mindfulness & stretching** with simple yoga moves
- **Breathing exercises** to regulate nervous system
- **Meditation:** Learn accessible meditation techniques that you can also do at home

SERIES SCHEDULE

Mondays 10:30 am to 11:45 am

6 sessions: 1/8, 1/22, 2/5, 2/12, 2/26, 3/4

6 sessions: 3/11, 3/25, 4/1, 4/15, 4/22, 4/29

3 sessions: 5/6, 5/13, 5/20

6 sessions \$180 / 3 sessions \$90

PERSONALIZED

Maximum 8 participants to ensure personalized attention, instruction and feedback

LOCATION & CONTACT

Twin Pines Lodge
40 Twin Pines Lane, Belmont CA

Website: yogawithsusana.com
email: contact@yogawithsusana.com



REGISTER TODAY!

www.belmont.gov/register

Scan this QR code



BENEFITS

- Keep learning!
- Establish helpful habits
- Enjoy life to the fullest
- Positive Outlook



SUSANA LABORDE-BLAJ E-500 RYT, C-IAYT

A certified yoga therapist with almost 30 years teaching yoga, Susana brings her knowledge, kindness and sense of humor to every session.