



YOGA THERAPY FOR THE BRAIN

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

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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 (6 SESSIONS)

Mondays 10:30 am to 11:45 am

October 16th, 23rd, 30th

November 20th

December 4th & 11th

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.