



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

NEXT SERIES SCHEDULE

Winter/Spring 2026 Mondays 10:30 am to 11:45 am

1/12, 1/26, 2/2, 2/9, 2/23, 3/2 (6 sessions) \$180

3/16, 3/23, 4/6, 4/13, 4/20, 5/4 (6 sessions) \$180

PERSONALIZED

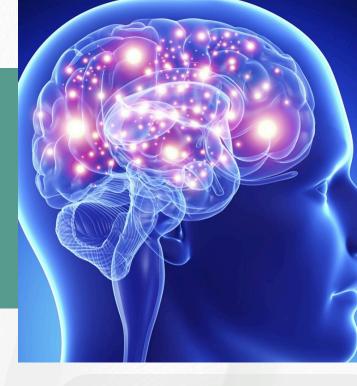
Maximum 8 participants to ensure personalized attention, instruction and feedback

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 to every session.