



# 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

## NEXT SERIES SCHEDULE

Mondays 10:30 am to 11:45 am

Fall 1st Series 9/8, 9/15, 9/22, 10/6, 10/20, 10/27  
(6 sessions) \$180

Fall 2nd Series 1/3, 11/10, 11/17, 11/24, 12/1, 12/8  
(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](http://yogawithsusana.com)  
email: [contact@yogawithsusana.com](mailto:contact@yogawithsusana.com)



## REGISTER TODAY!

[www.belmont.gov/register](http://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.