



Town of Estes Park – Senior Services
Estes Park Senior Center
220 Fourth Street
Estes Park, Colorado 80517
www.estes.org/seniorcenter

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News - For immediate release

Chair Yoga - winter schedule

The weekly Chair Yoga class at the Estes Park Senior Center remains popular for those interested in improving mental focus and balance skills. The class is offered on Mondays from 9:00 a.m. to 10:00 a.m. at the Center, 220 Fourth Street. For the upcoming month, the class will not be held in December 2014 on any Mondays.

The class will resume its normal schedule on Monday, January 5, 2015 – a great time to renew your New Year fitness goals.

The class is taught by Shambhava School of Yoga certified instructor Diana Laughlin. This low-impact class focuses on the poses and stretches of Yoga while having the comfort and support of a chair for seated and standing poses. Yoga mats are also provided for use during the class.

According to Diana, Yoga offers many benefits including increased muscle tone, flexibility, balance and strength, as well as improved mental focus. Yoga has also been shown to improve breathing, posture and circulation.

The cost for the class is \$4 for members of Estes Park Senior Citizens Center, Inc. or a reduced price of two punches on your Fit-Plus pass. For non-members, the cost is \$6.00 per class. Fit-Plus Passes are sold at the Senior Center.

For more information, please contact the Estes Park Senior Center at (970) 586-2996 or visit the Center at 220 Fourth Street, Monday through Friday between 9:00 a.m. and 4:00 p.m. Please visit the Senior Center website at www.estes.org/seniorcenter. To receive Senior Center news in your e-mail inbox, please e-mail lmitchell@estes.org

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