



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

Summer 1st Series 6/9, 6/16, 6/23, 6/30, 7/7, 7/14
(6 sessions) \$180

Summer 2nd Series 7/21, 7/28, 8/4, 8/11, 8/18, 8/25
(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 knowledge, kindness and sense of humor to every session.