

Yoga Gold

Ages 55+

Nichols Community Center

515 East "D" Street

(618) 277-9785

Thursdays
10am - 11am
Starting Oct. 3

\$5 Walk Ins

*Please bring yoga mat

Certified Instructor
Jessica Pollock



Mind



Body



Soul

Whether you are familiar with yoga or new to the practice, Yoga Gold classes can take you to the next level. Yoga Gold is designed for individuals in their upper years who want to gain the benefits of yoga and potentially expand their practice to more challenging levels. This 60 minute class will offer traditional yoga poses (sitting & standing) and breath work. Each week, the class will include time for meditation, introspection and gentle stretching, as well as balance, strength work and core engagement. Sitting in a chair instead of using a yoga mat is always an option!



St. Clair County Office on Aging

