

**Newton Parks and Recreation Department along with the  
Catawba County Council on Aging  
will be offering:**



# **Yoga for Seniors**

## **60 & Older**

**Thursdays,**

**February 4, 11, 18, 25, 2010**

**10:00 a.m. - 11:00 a.m.**

**Lower Level of**

**Newton Recreation Center**

**Cost: A suggested \$2.50 donation per class**



**The class will introduce participants to basic postures and techniques used in Yoga to relax the body and calm the mind. The instructor will provide individual attention to physical limitations presented by each class member and will offer alternative movements to prevent any discomfort.**

**For further information on this class, contact the  
Newton Recreation Department at (828) 695-4317,  
or visit our website at: [www.newtonnc.gov](http://www.newtonnc.gov)**