

Holistic Fitness

at the Activity Center for Older Adults



Holistic Fitness is coming to ACOA!



ACOA is excited to introduce Seated Yoga and Qigong on Thursday mornings! Seated Yoga and Qigong fall under the umbrella of Holistic Fitness.

Seated Yoga is a gentle form of yoga that can be done while sitting. Some poses can also be done standing, using a chair for support. You can do chair yoga nearly anywhere you can find a place to sit, making it a great exercise to practice even when you can't make it to ACOA.

Qigong is a traditional Chinese practice that combines breath, movement and intention setting to improve health and well-being. It's often called "moving meditation," and is said to have many health benefits.

Benefits of both Seated Yoga and Qigong include:

Improved strength so you can stay independent

More energy to do the things you want to do and reduced fatigue

Improved balance and lowered risks of falls and injuries caused by falls

Reduced levels of stress and anxiety

Better sleep

Better mood and reduced feelings of depression

Qigong will begin at 9 a.m. on Thursdays and is free of charge.

Seated Yoga will be at 10 a.m. on Thursdays and is \$3 a session or \$2 when you buy a package of 10 (missed classes are transferable).

Both classes last 35-45 minutes and begin on August 8.



Activity Center for Older Adults

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