



# Age Old Wisdom

## YOGA FOR BEGINNERS

You may have already heard that the ancient practice of yoga, which combines physical activity, breathing, and focused mental attention, offers a range of health benefits. However, you may think that this practice is so far removed from what you know that you couldn't imagine yourself contorting your body on a floor mat. If so, relax (which is yoga's primary message). The branch of yoga known as Hatha yoga is particularly popular with beginners. It involves the assumption of a series of physical postures that take your skin, muscles, and bones through a range of motions designed to improve flexibility and strength, as well as free up energy. No one is expected to exceed his or her level of comfort. Gentle Yoga and Chair Yoga are designed for people with arthritis, back pain, and other physical limitations.

At Deutsches Altenheim, our caring staff knows the positive impact that increased flexibility, strength and energy have on our senior residents. We provide numerous activities to help them achieve and maintain their personal best