

Emerson Hospital Offers Free Introductory Yoga Workshop:

## “Getting Comfortable With Yoga”

Monday, November 10 ~ 7 until 8:30 pm

or

Friday, November 14 ~ 11 am until 12:30 pm

These introductory workshops will be held in the yoga studio at Emerson's Integrative Health and Wellness Center at 310 Baker Avenue in Concord. (Note: the Center is NOT located at the hospital.) There is absolutely no obligation to sign up for any classes by coming to this free workshop.

The free workshops are being offered on Monday evening, November 10, 7 to 8:30 PM; and Friday morning, November 14, 11 to 12:30 PM.

To register for your free class, go to: [www.emersonhealthyliving.org](http://www.emersonhealthyliving.org) Or call Patti Salvatore at the Emerson Integrative Health and Wellness Center at (978)287-3777.

There is limited space, so acceptance will be on a first-come basis. If you come to the free workshop, please wear comfortable clothing, bring a yoga mat (if you have one), and bring a blanket or large towel for cushioning.

### New series of Gentle Yoga classes at Emerson Hospital's Integrative Health and Wellness Center

The new sessions for the Gentle Yoga classes will begin the week of November 17 and are offered Friday mornings from 9:30 to 10:45 and Monday evenings from 5:30 to 6:45 PM.

These are popular classes and space is limited. Please note that the classes are held at the beautiful new yoga studio at the Emerson Hospital Integrative Health and Wellness Center, 310 Baker Road, Concord, MA (not at the hospital). Also note that because of the cumulative nature of the class, the instructor is not allowing drop-ins. You can register on-line by going to [emersonhealthyliving.org](http://emersonhealthyliving.org) and plug in “Gentle Yoga”. Or call Patti Salvatore (978)287-3777 to register.

### Why Yoga at Emerson Hospital?

If you're not already on the Yoga bandwagon yet and have never tried yoga – or have tried a class but felt uncomfortable -- EMERSON HOSPITAL'S Integrative Health and Wellness Center is offering this unique opportunity to experience a very gentle style of yoga that is guaranteed to make you relax. In this free workshop, we will learn how to breathe using the three part breath (and why), we will find seated positions so you can participate comfortably and safely on the floor, we will explore the use of props to make you more comfortable, and we learn the seven movements of the spine and some basic postures. Ideally, if you participate in one of these free sessions, you will be up to speed to join in the next session of Gentle Yoga at Emerson.

Come discover why doctors, who are recognizing the many benefits of a yoga practice, are sending their patients to these classes, which are ideal for new yoga students and for those with a tight body, stiffness, injury or recovering from illness or surgery – or simply in need of some deep relaxation. It's also great for anyone with osteoarthritis, osteopenia, and menopausal systems. And of course, it's great if you're simply looking for a way to release stress and relax your body and mind.

The **Gentle Yoga** class is for the new student of yoga, and those with a tight body, stiffness, injury or recovering from illness or surgery. It includes yoga breathing, and we learn a variety of foundational postures: standing, seated and on the floor. The instructor always offers modifications to every posture so there is no way that you can't receive benefits. It's all about YOU and custom-fitting the yoga to YOUR BODY.

So what can yoga do for me? you might be asking yourself. For starters, you'll feel more comfort and ease in your body – sometimes as quickly as the very first class. Yoga strengthens weak muscles, lubricates the joints, brings relief from the suffering of arthritis and low back pain, strengthens the immune system, and releases energy into your body. It also helps with balance and improves your breathing.

Yoga not only makes your body feel more vibrant and energetic, but it makes you feel good on the inside, calming your mind and bringing your emotions into balance. Yoga relieves stress and stops you from worrying or feeling overwhelmed. You'll actually build resiliency the more you practice yoga. And over time, it increases your focus and your creativity. Simply by doing yoga, it brings your mind into a meditative state without even trying. An added benefit is that yoga improves the quality of your sleep – you'll sleep more soundly. And even better news is that yoga will make you *feel younger*.

So do yourself a lifelong favor and try one of these free introductory classes – and hopefully sign up for a six-week session. They are taught by a world-class yoga instructor who has been teaching yoga for 14 years, and she can offer you modifications for every pose so that you feel at ease and get the benefits of every posture. Note that complicated maneuvers and complex movements are NOT present in these classes.

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