



Sri Siva Vishnu Temple

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Free Gentle Yoga for Seniors

Senior Citizen's Group of Sri Siva Vishnu Temple presents Gentle Yoga for Seniors at the Sri Siva Vishnu Temple (from 10 to 11 am) on every 2nd and 4th Wednesdays of month.

Taught by Kasturi Kedlaya, a certified yoga instructor, these simple, and enjoyable exercises increase circulation to all parts of the body, improve overall flexibility, and help restore a natural vitality to the body and mind. The instructor will systematically demonstrate and provide easy to follow step by step instruction of the stretches, which were especially designed for seniors to gently prepare and train the body for further practice of yoga. Following the stretching exercise a Yoga Nidra routine will be conducted to help participants to achieve deep relaxation of the body and mind.

If you need more information please contact Dr. Dinesh P. Sinha, Coordinator, at dsinha@verizon.net.