

YOGA FOR SENIORS

WITH LARRY WALDMAN



**FREE DROP-IN CLASS CLUBHOUSE 5 FITNESS ROOM
WEDNESDAYS | 1 TO 2 P.M. | STARTS JUNE 18**

Larry Waldman, Ph.D., ABPP, is a certified instructor in a Hatha-based yoga format that incorporates props and emphasizes holding poses for 5 to 10 seconds. His classes focus on brief meditation, balance training and gentle stretching—ideal for seniors seeking to improve flexibility and stability.

Having recently overcome significant health challenges, Larry credits his physical conditioning for accelerating his recovery. Now, his goal is to help other seniors become stronger, more balanced and more confident through mindful movement.