

# VITALITY IN MOTION YOGA

## FOR MINDFUL LONGEVITY

With Martha Alvarado, Ph.D.



**STARTS FEBRUARY 4**  
**WEDNESDAYS 5 TO 6 P.M.**  
**CLUBHOUSE 5 FITNESS ROOM**  
**FREE DROP-IN CLASS**

This course is grounded in the belief that the body holds its own wisdom and flourishes with gentle, consistent care. The practice is not about reclaiming a younger self, but about becoming the most vibrant, capable version of who we are today.

Centered on three essential physiological pillars of warmth, stability and breath—the course offers a supportive structure that helps students leave the mat feeling open, steady and clear.

Instructor Martha Alvarado specializes in yoga for vitality, focusing on how stretching, balance and breathwork support the aging body at a physiological level.

