

Yoga
Offered by the Stow Council On Aging
Fridays at 8:50 am
\$3 per class

A gentle modified yoga class incorporating breath, posture, and movement to relax and open the flow of energy in the body. The class begins with gentle warm-ups, continues with postures or asanas, of which many are done sitting on or using chairs for support, and ends with a guided relaxation.



Taught by Terry Kessel Myers Coney. Terry attended her first yoga class in 1973 when her son was an infant. She instantly recognized the value of the practice in creating a sense of balance and calmness and made it part of her life. She earned her first yoga teaching certification in 2000 through a national fitness education association and her second from the esteemed Kripalu Yoga Center in Western Mass in 2005. Since then, she has studied and taught in numerous settings and has been teaching at the Council on Aging for over 15 years.

Join fellow residents on Fridays from 8:50 am until 9:50 am at the Pompositticut Community Center (509 Great Road, Stow). The cost is only \$3 per class but you need to register in advance as space is limited. Open to Stow residents 50 and older. A virtual option is available to Stow residents that prefer remote classes and non-residents if space permits. Registration can be done monthly beginning on the 15th of the prior month at <https://myactivecenter.com> or by calling 978-897-1880.