Senior, Gentle Yoga and Breath Classes

Many of us have physical limitations. We believe everyone can benefit from yoga no matter what body type, level of experience or limitations you may have.

Our Senior and Gentle yoga classes are designed for people who are interested in yoga and want gentle stretching and modified movement.

Yoga will increase your flexibility, strength, concentration and offer you greater vitality and health. Our experienced teachers will guide you through the poses and stretches and offer modifications for your body.

In the breath class you will learn how to connect with your breath and use the breath to deepen your life. As you learn to control the breath, you will better control the rhythms and patterns in your exercise program and in your daily life.

Enjoy the benefits of yoga and the breath as keys to longevity.

Other events at Kashi in 2007

Women’s Intensive with Ma Jaya
March 16 - 18

Intensive with Ma Jaya in Atlanta
April 13 - 15

Freedom from Anxiety & Depression with Dr John Douillard
April 28

Healing Potential of Sound with Pandit Mukesh Desai
May 19

Senior Yoga = Mondays at 10 am
Breath Class = Mondays at 4 pm and Sundays at 4 pm
Gentle Yoga = Fridays at 5.30 pm

Cost $10 per class; 5, 10 & 20 class cards available