



Where Great Service Happens!

### **Hanover Township Media Release**

Hanover Township Senior Center  
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#### **FOR IMMEDIATE RELEASE**

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### **TOWNSHIP TO OFFER SENIOR YOGA**

Starting on Tuesday, January 10, the Hanover Township Senior Center is offering a sixteen-week Hatha Yoga class on Tuesdays from 6:00 to 7:00PM until April 24. The senior center is located at 240 S. Route 59 in Bartlett. The class is open to Hanover Township seniors 55 years and better. No registration is required, however participants are asked to bring a \$1 donation per session.

Hatha Yoga is a slow-paced stretching class with simple breathing exercises and s seated meditation. This is a good class to learn basic poses, relaxation techniques, and become comfortable with yoga. The physical and mental benefits of yoga include better stability, flexibility and improved sleep quality. When practiced regularly, yoga can significantly decrease a senior citizen's risk for developing a variety of medical conditions such as obesity, diabetes, hypertension, anxiety and depression. Yoga's gentle stretches can also significantly improve the pain associated with arthritis, cancer, carpal tunnel syndrome and chronic back pain.

The class will be led by Hatha Yoga instructor Nancy DiSanto. Yoga mats will be provided or participants may bring their own.

For questions, please call the Hanover Township Senior Center at 630-483-5600.

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