This ancient, meditative practice focuses on slow, gentle movements which help relieve aching muscles and stiff joints; improve balance, flexibility and increase energy. Movements begin from a chair, move to standing forms, and conclude with seated stretches and stimulating breath exercises. This class is appropriate for individuals at all levels.

Northeast Senior Center
6310 Platte Ave.
Tuesdays
11 to 11:30 a.m.

Call 402-441-7151 to register or for more information.