

Sensitive Soles Yoga for the Feet



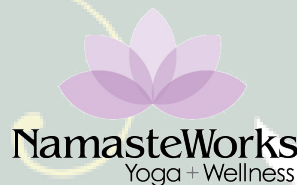
Wednesday, November 18
11:30 a.m. until 1:00 p.m.
Telluride Room - Recreation Center
at Eastridge

Join Highlands Ranch Senior Outreach Services and NamasteWorks Yoga + Wellness for a program designed to help bring sensitivity back into your feet. The feet are the body's foundation and every step you take impacts how the rest of the body moves and responds. When your feet are out of balance, the knees, the hips and ultimately the whole spine may be affected.

In this gentle senior yoga practice, you will learn how to reconnect and re-ground through the feet. Come prepared to remove your socks and shoes, spread the toes, enliven the feet and practice a few poses. You must be comfortable standing and moving to participate. Each participant will have a chair for support. This hour and a half long program will be taught by Nancy Levenson, an advanced teacher of yoga therapy. Nancy currently runs her own business, NamasteWorks Yoga + Wellness and has been guiding the yoga practice at Wind Crest Retirement Community for more than two years.

For more information and to RSVP, please contact Senior Services Coordinator Jodie McCann at 720-240-4922, or at jmccann@highlandsranch.org.

Program is FREE and open to adults of all ages.



www.namasteworksyoga.com

Highlands Ranch Senior Outreach Services

A partnership with Douglas County Adult & Aging Services
and the Highlands Ranch Metro District