



Let's Get Flexible

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The science and nutrition tips in our news feed motivates us by reinforcing the benefits. As we age, consistent practice is paramount to longevity and mental acuity. We stay on top of the breaking news and the latest trends for you. Subscribe to optimize your practice.

“

Multiple, well-designed studies provide data showing that yoga practice has positive effects on cellular aging, mobility, balance, mental health, and prevention of cognitive decline—all areas of concern for older adults."

- [Yoga for Healthy Aging: Science or Hype?](#) Madhivanan P. et. al., 2020

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Meet Our Teachers

Barbara Handler



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