



801 E. Front Street, Traverse City, Michigan 49686

231-922-4911

[www.grandtraverse.org/scn](http://www.grandtraverse.org/scn)

---

*Making longer lives, better lives.*

**\*FOR IMMEDIATE RELEASE\***

**Date: Monday, July 03, 2017**

Contact: Lori Wells, Manager

Phone/Email: 231-922-4911/lwells@grandtraverse.org

**Subject: Chair and Intermediate Yoga Classes; Yoga On the Beach**

**Traverse City** – Yoga is a group of physical, mental and spiritual disciplines that originated in ancient India. Some researchers think the origins of yoga may be up to 10,000 years old. Although there are more than 100 different forms or disciplines of yoga – some fast paced and intense, while others are gentle and relaxing – most sessions do more than just burn calories and tone muscles. It’s a total mind and body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation.

The Grand Traverse Senior Center Network is offering instructor organized yoga classes in two of its locations. Led by Certified yoga instructor Cathy Green, chair yoga is offered at the Golden Fellowship Hall, in Interlochen, 9700 Riley Road, on Mondays at 9 a.m. Chair yoga, starting July 10, is a beginner level class. Enjoy the benefits of the essential movements of yoga in a seated position. In addition, Green offers an intermediate yoga class in Interlochen on Thursdays at 9 a.m., starting July 13. The cost for each session of yoga is \$3 per person – no advanced registration is required.

Join certified yoga instructor Jeana Seidelman for intermediate yoga at the Traverse City Senior Center, 801 E. Front Street, on Wednesdays at 8:30 a.m. – a one-hour class for both men and women for muscle strength and flexibility, improved balance and respiration. Also in Traverse City, Seidelman holds yoga classes on the beach Tuesdays at 8 a.m. – a gentle-flow yoga class for all levels. Advanced registration is required for the Traverse City yoga classes. The cost for each intermediate yoga and yoga on the beach session is \$5 per person. For intermediate yoga in both locations, bring a yoga mat and small blanket or towel that can be rolled up for support.

The Senior Center Network Fife Lake location, 77 Lakecrest Lane, has a free peer-led yoga session on Fridays at 9 a.m.

For more information or to register, email [dmikowski@grandtraverse.org](mailto:dmikowski@grandtraverse.org) or call 231-922-4911.

*The Senior Center Network, part of the Grand Traverse County Parks and Recreation Department, offers diverse programs to older adults in Grand Traverse County. Thousands each year enjoy dozens of activities on a daily basis at locations in Traverse City, Acme, Fife Lake, Interlochen, and Kingsley. Business hours are Monday through Friday, from 8 a.m. to 5 p.m. For more information, call 231-922-4911, or visit [www.grandtraverse.org/scn](http://www.grandtraverse.org/scn) or our Facebook page.*