



**St. John Community Development Corporation, Inc.**

639 Walnut Street, Wilson, NC 27893

*Dr. Gary Daynes, Board Chairman*

*Dr. Deborah Powell, Secretary*

*Ms. Pamela Small, Treasurer*

*Mrs. Vedas Neal, Interim Executive Director*



## SAYOGA



### INTRODUCTION TO...

### ***“EASY DOES IT YOGA”***

Yoga is an ancient Mind/Body health practice that will improve your physical and emotion health at any age.

**Date:** Tuesday 1/29/19 @ 6:00pm-7:00pm

**Place:** The SAY Program, 639 Walnut Street Tel. 252 265-9764

**Instructor:** Patricia Townsend, LCSW, CYT

**Note: There is no cost for this 8-week program for parents and community members (limit 15 participants)**

## Sign Up Now!

**Call Us Today 252-265-9764**

**Please wear comfortable clothes, relax and have fun!**

Phone 252-265-9764 Email: [contactus@stjohncdcwilson.org](mailto:contactus@stjohncdcwilson.org) Web site: [www.stjohncdcwilson.org](http://www.stjohncdcwilson.org) Fax 252-991-3794

*“Helping Hurting Families Find Hope”*



## ***St. John Community Development Corporation, Inc.***

*639 Walnut Street, Wilson, NC 27893*

*Dr. Gary Daynes, Board Chairman*

*Dr. Deborah Powell, Secretary*

*Ms. Pamela Small, Treasurer*

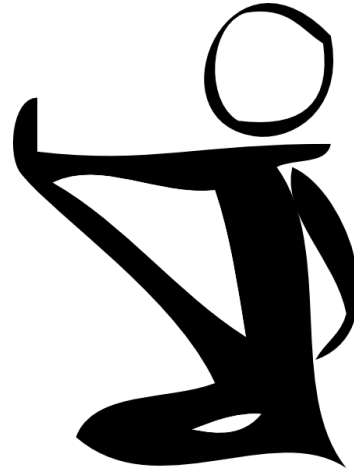
*Mrs. Vedas Neal, Interim Executive Director*



### **Health Benefits of Yoga**

Here is a dozen reason to practice yoga:

1. Improves flexibility
2. Strengthens muscles
3. Improves posture
4. Improves blood circulation
5. Good for your heart
6. May lower blood sugar
7. May lower blood pressure
8. Improves joint function
9. Increases brain power
10. Strengthens bones
11. Lowers stress
12. Improves lung function



Yoga is for anyone at any age. If you are physically strong and healthy, yoga will help you continue on that path. If, on the other hand, your health has been compromised due to a recent illness or a personal challenge of some kind, then yoga will help you to regain lost flexibility, stamina, and balance.

Maintaining the health and integrity of the spine is a central theme of yoga. Poor posture and the degeneration of the spinal column affect the health of every system of the body. Not only do a rounded back and collapsed chest restrict breathing, but they interfere with the flow of blood and nerve impulses to the internal organs. In this way, poor posture interferes with digestion and elimination. With regular yoga practice, flexibility and strength of the spine can be restored.