City of El Monte

Parks, Recreation & Community Services Department
in collaboration with Rio Hondo College

Principles for

Mind/Body Health

for Older Adults

Wednesdays

January 29th – May 20th, 2020

No Class: 3/25/20

8:30 am – 9:45 am

El Monte Aquatic Center - Room A
11001 Mildred Street, El Monte, CA

This course provides older adults with instruction and resources for cultivating mind and body health. Guided instruction in active and passive yoga poses, stretching movements, and breathing exercises adapted for older adults is incorporated with introduction to the philosophy of Hatha Yoga. The course includes presentations and class discussions on current topics in nutrition, healthy aging, and safety factors.

For more information, please contact the Facilities, Special Programs, and Events Division at (626) 258-8634 Monday – Thursday 9:00 am – 5:30 pm

The Friendly City of El Monte

RIO HONDO COLLEGE