

YOGA

WITH REGISTERED YOGA TEACHER
BEN KELLMAN

FOR OLDER GUYS

**No
Experience
Required!**

This course will include:

- ✓ Breathing exercises to help calm the mind
- ✓ Soothing full-body stretches
- ✓ Balance, strength & flexibility poses with attention to proper alignment.



About the Instructor:

Ben participated in his first Yoga class in 1975, and dabbled with it inconsistently for over 40 years. In the intervening years, he ran marathons and hundreds of other races, competed in triathlons, hiked the Presidential range regularly, biked across Iowa (twice), started teaching Spinning twice a week at Yang's in 2006, and after surgery for Melanoma, has been a rider-participant in the Pan Mass Challenge since 2008. He is a 200 hour RYT certified Yoga teacher, with an intention of sharing a strong and steady practice. One of his mentors thinks he makes a good Yoga teacher because of dealing with a lifetime of sport related injuries. His motivation, aside from an energetic and balanced (elder) life, is to teach how yoga can transform our lives, thru poses that develop strength, balance, flexibility, focus, inner calm, and the ability to accomplish what once seemed impossible. A 25-year Andover resident, Ben has two adult children and a life-partner who is also attaining her 200 hour RYT certificate.



NEXT - 5 Week Sessions

THURSDAYS, 7-8 PM

I: Jan. 10 - Feb. 14
(no class Jan. 17)

II: Mar. 7 - Apr. 4

Register early and save your spot!

Yoga mats are available to borrow. Wear tight fitting clothing, no loose shorts, bare feet. Bring water & hand towel.

Min. 8 pre-registered to form class.



5 Dundee Park ~ Andover, MA ~ 978.475.2020

Name: _____ Phone: (____) _____ Email: _____

Non-members will be asked to complete a waiver upon arrival.

How did you find out about this offering? _____

Do you have any prior Yoga experience (not required)? _____

Injuries, limitations or health concerns? _____

Register early to save your spot. Space is limited!

REGISTER NOW

5-weeks each	Member	Non-Member
Session I Jan. 10-Feb. 14 <i>(no class Jan. 17)</i>	Per Session <input type="checkbox"/> \$ 74	<input type="checkbox"/> \$ 85
Session II Mar. 7-Apr. 4	BOTH Sessions <input type="checkbox"/> \$ 135	<input type="checkbox"/> \$ 155

*All refunds are subject to a 10% processing fee. Non-refundable 4 days prior to class. Classes missed beyond our control are forfeited with the exception of medical note.