

# YOGA

for bone health



Saturday, May 19<sup>th</sup>  
11:00AM-1:00PM  
\$30/MEMBER \$40/GUEST  
SHC Yoga Studio

Join Karen Hearn for a specialty workshop designed to teach a specific sequence of 12 yoga poses that studies have shown to increase bone density when practiced over time.

Participants will learn step-by-step the correct form and alignment of each pose used as well as their modifications; making this workshop a perfect fit for any level of student.

Register on the Stafford Hills App or contact the front desk.



[www.staffordhills.com](http://www.staffordhills.com)

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