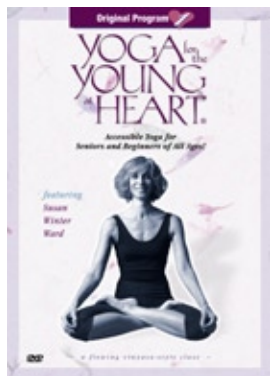


*Yoga instructor, author, and video producer, Susan's commitment is to present accessible yoga as a transformational tool that guides people into recognizing their own inner wisdom, power, and beauty. She has appeared on the cover of Yoga Journal, other national publications, and has been featured in and written articles for a variety of national periodicals.*

*Susan is a certified yoga teacher who has studied extensively with Ganga White and Tracey Rich at White Lotus Foundation and Anusara Yoga with John Friend.*

**Basic Series: for Boomers, Seniors and Beginners of All Ages!**



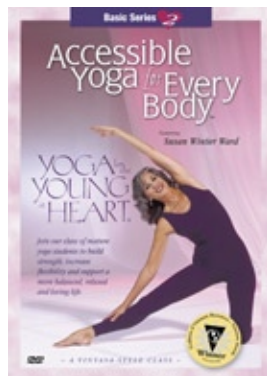
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**Best for beginners over age 50!**

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Especially for seniors and less flexible beginners of all ages, these gentle stretching exercises inspire and support increased vitality, strength and flexibility. A flowing yoga class, this program features an encouraging class of students ranging in age from 45–82. A motivational video for any beginner.

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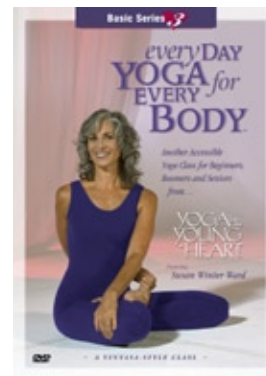
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### *Award-Winning Seated Yoga Program...*

#### ***Sitting Fit Anytime: Easy and Effective Chair Yoga***

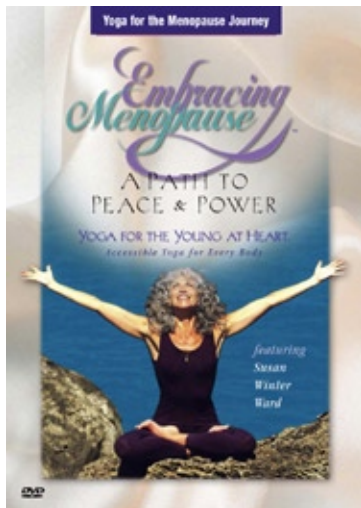
Nine 3–5 minute segments of seated stretching and deep breathing to help increase and maintain strength and flexibility. Relieve the stress and tension from sitting too much. These exercises are ideal for the desk bound, those in rehabilitation, and the physically challenged.

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## Chair Yoga for the Desk-Bound, Sensitive Seniors or Physically Challenged



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A gift to women and women in the menopause transition! Join Susan in a soothing yoga class especially designed to ease feminine discomforts and the process of menopause. Relax, reassess and honor the “wise woman” that is emerging within you. Connect with your peace and power as you move through your sacred right of passage.

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*“Yoga for the Young at Heart is for everyone interested in maintaining good health. It introduces you to the ease, beauty, and benefits of yoga and will help improve your physical, emotional and spiritual well-being.”*

— *Bernie Siegel, MD and author Love, Medicine & Miracles*

*“Susan Winter Ward presents one of the most gentle and compassionate entries for the beginning student into the grace-filled world of hatha yoga.”*

— *John Friend, Founder of Anusara Yoga*

*“Yoga for the Young at Heart delivers simplicity and depth, ease, practicality, and exercise for Every Body...and Mind. Susan Winter Ward once again brings her grace, style and patience into a form easily available to everyone.”*

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