



OUR SAVIOUR'S LUTHERAN CHURCH

160 Hill Farm Road, Fairfield, CT oursaviours.net

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For Immediate Release

Our Saviour's Hosts 'Yoga for All Ages' *Yoga Instructor Wiebke Wanner-Borchardt is Guest Speaker on January 21*

FAIRFIELD, Conn., January 16, 2018 – Our Saviour's Lutheran Church is hosting "Yoga for All Ages," a community presentation on Sunday, January 21, at 12:15 pm, featuring guest speaker Wiebke Wanner-Borchardt, a certified yoga instructor who will discuss how yoga can improve your health at all ages.

The event, which is free and open to the public, is part of the church's "LifeTalk" series of speaker-led conversations exploring issues of interest to the community. Coffee and refreshments will be served.

Ms. Wanner-Borchardt will discuss physical, breathing and meditative elements of modern yoga practice and share some of their benefits for a healthier life for all ages. She will also talk about the different approaches to yoga, and demonstrate breathing exercises and a few easy poses that can be performed in a chair and or in the comfort of your own home.



"We are never too old to start with yoga, we just simply adapt the practice to our body. Particularly, as we get older, yoga can make a noticeable difference with balance and stability, flexibility and joint health, and respiration," said Wanner-Borchardt. "Even a small amount of yoga can help keep us healthy, with less pain, and can even help lower our blood pressure. Further, yoga or a regular meditation practice is a wonderful non-invasive tool to reduce anxiety and stress, improve mindfulness, and ultimately lead to more fulfillment and a greater sense of well-being."

Wanner-Borchardt is a certified Kripalu Yoga teacher, a Reiki Master and a restorative yoga teacher. She credits a regular yoga practice with greater body awareness, which she believes will lead to a healthier and happier life on and off the mat. Her teaching is guided by her desire to make yoga available to everybody and to support people on their path to wholistic wellness of both body and mind.

Our Saviour's is located at 160 Hill Farm Road in Fairfield. For more information, contact the church at (203) 255-0545 or visit www.oursaviours.net.

About Our Saviour's

Our Saviour's Lutheran Church, a congregation of the Evangelical Lutheran Church in America (ELCA), reaches out to the world and to its local communities with the Good News of the Gospel of Our Lord Jesus Christ. The congregation receives strength for this mission through Worship, Christian Education, Service, Benevolent Giving, Witness, Mutual Support and a commitment to grow in faith and participation. Our Saviour's is guided in the belief that, "As God Gives to Us, So We Give to Others." Holy Communion is celebrated during worship at 8:30 a.m. and 10:30 am each Sunday, with Sunday School and Adult Discussion held between services at 9:30 a.m. For more information, call (203) 255-0545 or visit us at www.oursaviours.net.

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