

Yoga AND Aging

How the Practice of Meditative Movement Supports the Aging Process



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Let's have that conversation!

A devoted mother to her four growing children, Karen attributes her ability to maintain balance to her daily yoga practice, which she enjoys sharing with others who are open to the healing power of this ancient tradition.



For more than two decades, Karen Faith Gordon has been guiding individuals and families as they navigate the aging process, and seen first hand, the value yoga and meditation provide.



Caregiving, patient advocacy, and housing reflect a select few of the multiple challenges Karen successfully manages with her clientele.



Connecting clients to appropriate support systems to achieve their optimal well being is a passion which drives and fulfills Karen both personally and professionally.

