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PRESS RELEASE

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WOMAN DISCOVERS PASSION FOR YOGA AND BEGINS TEACHING SENIORS

PALM BEACH GARDENS, Fla. May 17, 2018 – While Peilin Ko had dabbled in yoga, trying various classes here and there, it was not until she walked into her first yoga class led by Mark Maldonado that she felt a true connection between her body and mind. At the age of 41, she was surprised to discover how much she actually enjoyed yoga. Fast forward four years and you can catch her leading her own classes at local fitness centers and most recently at La Posada, a senior living community in Palm Beach Gardens. While yoga is her newly discovered passion, she spent most of her life – more than 25 years – working as a classical pianist and instructor. She was introduced to La Posada through a two-month Eldermusik program which she led, and she now teaches the bi-weekly yoga classes on Saturdays from 10:00 to 11:00 a.m. She truly believes the residents benefit greatly, and some have attended the class with no experience at all.

“I’ve seen so much progress with the residents since I started teaching the class a few months ago,” said Ko. “Regardless of their age, they are willing to try new and difficult poses. I am also a certified recovery coach, and I believe that it’s very important to know oneself. I work to incorporate meditation and visualization into my classes so that those who attend can release negativity and bring positivity into their lives. My hope is that together we can open the door to a chance at self-healing.”

When Ko discovered yoga, she was going through a tough time in her life and tried different things to achieve emotional relief. Yoga gave her a reason to get her body working again and into a better place. Given her newfound love for yoga, she wanted to share it with others and started teaching it a year ago. Growing up, she did not feel athletically inclined, but now she’s challenging that perception of herself.

“Yoga has impacted my life in ways I never dreamed it would,” said Ko. “It taught me self-discovery and how to know yourself by observing your body, mind and thoughts. If you can change your negative thoughts, you can change your life. I am happy to share this knowledge and aspects of yoga with the residents of La Posada. They come from all walks of life, and it is hard for many of them to slow down, even in their retirement. I am here to remind them to take the time for their bodies, for mental clarity



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and for rejuvenation. Yoga helps them become more aware of their movement and cultivates awareness that assists with balance, strength and preventing injuries.”

La Posada residents Dr. Florence Kaslow and Jeanne Grossman regularly attend the classes. While Dr. Kaslow has practiced yoga for the past five years, Grossman tried it for the very first time thanks to Ko’s new class.

“I find the class serves a dual purpose for me: I get a decent workout and it leaves me feeling relaxed,” said Grossman. “I was surprised to learn that I enjoy yoga, as I tried tai chi and was not a huge fan. Peilin makes the class very pleasant. My granddaughter in New York is addicted to yoga, and I think it’s fun to share this passion with her. My daughter loves it as well. Yoga benefits my health, and I recently read an article in an arthritis magazine that emphasized the benefits for those living with arthritis. In addition to yoga, I participate in water aerobics and sitcercise. For 91, I feel like I am doing pretty well for myself. I stay active because I want to stay mobile. While I have difficulty with some of the yoga positions, I like the variety of exercises compared to the other classes I attend.”

“I’m a psychologist, coach and consultant, who still actively teaches at a university, provides guest lectures and writes for publications. Given my background, the body-mind connection has always fascinated me,” said Dr. Kaslow. “You get a different workout experience with yoga than you do with aerobics or strength training classes. You can really reduce stress if you focus on coupling the deep breathing exercises with the positions. Yoga can bring a certain amount of calm, a sense of self, as well as help you relate to the outer world. It promotes a sense of peace, well-being and acceptance. While some in our class do the positions with the assistance of a chair, many of us work on our mats on the floor for a more intense workout. Peilin is doing a lovely job tailoring the class to work with those of all physical levels. I also enjoy participating in Zumba classes and visiting our community gym. Previously, I dabbled in Latin dancing and aerobics. We have to keep our minds and bodies active as we age to stay healthy and stimulated, express feelings and thoughts, and feel more alive. For me, it is essential.”

“We are delighted by the response to Peilin’s class and appreciate her customizing her class with our residents in mind,” said Brad Cadiere. “Yoga is advantageous for people of all ages to practice, and we were excited to incorporate it into the list of wellness classes we currently offer. Our hope is to add more classes in the future.”

If you are interested in covering this story, please contact Lauren Witt via phone at 214-378-7970 ext. 306 or email at lwitt@thepointgroup.com or Amy Jones via phone at 214-378-7970 ext. 302 or email at ajones@thepointgroup.com.



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ABOUT LA POSADA

La Posada is a resort-style life care community located in the heart of Palm Beach Gardens, Florida. The continuing care retirement community features 193 luxurious independent living apartments, 11 independent living cottages, as well as assisted living apartments, memory care suites, private rooms for short-term rehabilitation and skilled nursing, all nestled within 22 prime acres of sparkling lakes and lavish courtyards. Providing a variety of amenities, residents enjoy chef-prepared meals, concierge services, state-of-the-art wellness programs, transportation services, and intellectually stimulating events and activities.

As a Kisco Senior Living community, The Art of Living Well philosophy is in every aspect of community life. Unique social and wellness opportunities strengthen the mind, body and spirit.

For more information, call 561-514-5114 or go to <http://www.mylaposada.com>.

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