

Yoga



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Yoga is a complete system of health for the mind, body, and spirit. There are many different types of yoga, but the most common form practiced in the US is called Hatha Yoga. Hatha yoga is a balance of physical postures-called asanas and breath work- called pranayama.

- Yoga can help reduce risk factors for chronic diseases, such as heart disease and high blood pressure. Yoga might also help alleviate chronic conditions, such as depression, pain, anxiety and insomnia.
- A number of studies show that yoga can reduce stress and anxiety, overall improving your sense of well being.
- Yoga also can improve balance, range of motion, strength and flexibility.

If you have never experienced yoga before, come with an open mind and an open heart.

Begin your transformation today!

Yoga Etiquette

- *Arrive at least 5 Minutes before class starts. We have limited space so you will be able to pick up a card to reserve your spot 30 min prior to the class start time. New students arrive 15 minutes prior to fill out paperwork, The Office closes at 6:00pm.*
- *Wear comfortable clothes. Leggings or shorts and a fitted shirt.*
- *Listen to your body and do only what feels comfortable to you.*
- *Please leave your shoes in the hallway.*
- *You will need to bring your own mat. You may also need a small towel.*
- *Please inform the instructor of any health conditions, injuries, or pregnancies.*

Please turn off your cell phones.