

Health, healing & beyond

YOGA

YOGA FOR HEALTH, HEALING & BEYOND

VINIYOGA teachers give individual attention, adapting *the practice* to meet the students' needs. This practice can help with arthritis, chronic pain/aches, headaches/migraines, back care, stress/anxiety, hypertension & insomnia.

| | |
|-------------------|--------------------------------------------|
| age | 10-adult |
| location | ABC Park Admin #2 |
| monthly class fee | 1-class a week \$48, 2-classes a week \$72 |
| drop-in \$15 | Senior Dimensions Approved Activity |
| 1:1 fee | \$48 per hour or \$160 for 4-hours |
| equipment | mat/props provided for use in class |
| skill level | all levels welcome in all classes |

for Health

*focus: fitness/well-being
Balance body, breath & mind, Improve your well-being, vitality, balance/coordination/stability & strength/flexibility/posture.*

for Healing

*focus: specific condition
Somatic awareness & aligned movement; that can create new structural patterns & provide pain relief.*

Stress Relief

Gentle stretching/movement & breath-work; that can release stress/strain & allow recovery.

and Beyond... 1:1 Sessions Retreats Workshops Intensives
Yoga Therapy to address your physical & health concerns
Yoga Personal Practice to create or deepen your home practice
Yoga Alliance CEUs for your teacher recertification requirement
Yoga Training for your personal growth & professional credentialing
Athletic/Fitness/Personal Training to address your personal goals

Contact Lyn Banas-Petronsky to discuss your needs. Certified Yoga Therapist, E-RYT500, CMTB, 2,400+hrs of yoga teacher/therapist experience.
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Boulder City Parks and Recreation Department
 900 Arizona Street 293-9256

Sign up now!