

# EveryBODY Yoga at Planet Botanix



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## BENEFITS of YOGA

- Flexibility
- Strength
- Muscle Tone
- Pain Prevention
- Better Breathing
- Mental Performance
- Stress Reduction
- Vitality
- Self-Awareness
- Calmness and Peace

## YOGA ON DEMAND

Select your own timeslot if you have 6 or more participants. Call for more details.

## FEATURING YOGA FLOW

Yoga Flow borrows from many styles of yoga to create a sequence of postures that strengthen our bodies, increase flexibility and focus our minds. Flow means to move with ease and grace. From gentle to vigorous, Yoga Flow allows EveryBODY to practice according to their level and intensity.

This approach helps one soften rigidity in the body and mind, cultivating openness and creativity, both in our yoga practice and our daily lives.

<b>MONDAY</b>	7-8am	Morning Flow
	12-1pm	Yoga Flow
	5-6 pm	Yoga Flow
<b>WEDNESDAY</b>	7-8am	Morning Flow
	12-1pm	Yoga Flow
	6:30-8pm	Ashtanga Flow
<b>FRIDAY</b>	7-8am	Morning Flow
	12-1pm	Yoga Flow
<b>SATURDAY</b>	9-10:30am	Ashtanga Flow

Classes Start January 4<sup>th</sup>, 2010