

# 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	<b>Senior Dimensions Approved Activity</b>
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*

**Thu 5:30-6:30pm**

**Thu/Sat 10-11am**

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

### for Healing

*focus: specific condition*

**Back Care Thu/Sat 11-12pm**

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

**Stress Relief Thu 6:30-7:30pm**

*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!**