

Kundalini Yoga with and a Taste of Yin Yoga

Tuesday's

7:30 A.M. - 8:30 A.M.



This dynamic blend of physical postures, breathing, movement, stretching, meditation, mantra and relaxation, creates the combination that activates the glandular system, strengthens the nervous system, expands the lung capacity, and purifies the bloodstream. Kundalini Yoga is an ancient art and science and said to be 70,000 years old. Kundalini Yoga and meditation addresses the issues that produce stress, providing the body with the muscular and nerve strength and flexibility to handle stress and to excel in the material world. As the body becomes strong, capable, graceful and flexible, so does the mind. Not only does it burn calories but stimulates the metabolism so other activities use more calories making it a great contribution to health.

Yin Yoga is a powerful practice targeting the tendons, ligaments and fascia in the body. Yin postures are held for long periods of time to encourage the slow and safe opening of connective tissues, a deep relaxation and closing meditation.

All Levels Welcome.

\$15 drop in rate or \$56 discounted rate (4 classes in September)

Registration: At the Center of You ~ for more information call 480-447-4968

Fitness with Susan, LLC, in conjunction with At the Center of You, LLC 2017
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