

YOUR LIFE CHANGES WHEN YOU PRACTICE YOGA

ANTI-AGING | WEIGHT LOSS | STRESS RELIEF
FLEXIBILITY | ENERGY ENHANCEMENTS
MENTAL ALERTNESS | IMMUNITY BOOSTER
INNER PEACE | IMPROVE RELATIONSHIPS
HOLISTIC FITNESS AWARENESS

- **WEIGHT LOSS:** Yoga continually works out muscles which then strengthen, lengthen, tone and shape your entire body; at the same time you are increasing metabolism.
- **STRESS RELIEF:** As yoga breath control clears the mind, it also readies your subconscious for meditation and relaxation.
- **FLEXIBILITY:** Yoga enhanced-stretching keeps you limber, youthful and healthy. Flexibility transforms the mind, as well as the body. Stretching slows the process of dehydration that our bodies may have suffered from a modern, sedentary lifestyle.
- **BODY STIMULATION:** Yoga calms our inner nervous energy, but stimulates our bodies outer energy. As muscles heat up, the body releases impurities and toxins; combined with the deep breathing exercises, oxygen activates dormant vitalities in the body.
- **IMMUNITY BOOSTER:** Yoga stimulates the four main physiological systems linked to the immune system: circulatory system, digestive system, nervous system and endocrine system. Yoga detoxifies and oxygenates the body while balancing hormones. Yoga also triggers acupressure points eliminating viruses and bacteria from the body.
- **IMPROVED RELATIONSHIPS:** Yoga connects the body and mind increasing sensitivity. With a heightened sense of “self” you are free to explore and expand yourself with a partner.
- **BETTER POSTURE:** Yoga helps improve posture by navigating the alignment of the spine, which can then improve your health. Studies show that good posture is vital in staying healthy, helps to prevent chronic pain, and decreases depression and anxiety. The practice of yoga reverses hypermorphosis, the age-related posture issue known as dowager's hump.
- **MENTAL ALERTNESS:** Yoga teaches us to concentrate on the here and now; to live in the present as we become aware of the outer strength of our bodies and the inner strength of our minds.
- **INNER PEACE:** Yoga encourages a spiritual connection with one's self. Connecting with our inner-child allows us to become satisfied and content with who we are as adults.



“Unknowingly, I was doing yoga way before it was even popular. As a child I used to get horrible migraines. To help me cope with the effects of the headaches, I would literally engage in visualization and meditation to calm my mind and relax my body. While in college I got a psychic flash that I would be very successful within the health and wellness industries. And, incredibly I started my own company — YogaFit in the 90s, a few years after graduating from college. Yoga has been a perfect fit for me personally and professionally as I was already a believer in the strength and flexibility it built in my body, and the calmness and connectedness it brought to my mind. Yoga gives you the gift of yourself. Instead of working against your body with exercises that put stress and strain on your muscles and joints, yoga allows you to develop strength and a greater state of health using your own body weight. There is no equipment. Just you and your yoga mat, and the practices you go through as you improve your health and fitness levels each class. It's the combination of exercise and intense meditation that is wonderful. Yoga combines the two-essences of life: the mind and the body, to achieve your greatest vitality, strength and the ability to breathe yourself strong. At YogaFit we teach our clients to listen to their bodies, let go of judgements, expectations, competition, and to breathe, move and feel in the moment.” BETH