

Along with most of you, I'm as guilty as anyone when it comes to taking short cuts where my health and well-being are concerned. And because I've been blessed with good health, I forget to thank my body for giving me the strength and vitality it takes to

keep my life running smoothly. Many days I don't eat properly; I don't exercise regularly; I don't take time for myself to emotionally and mentally chill out. These days, do we know anyone (including us) who isn't consumed with stress, anxiety, extra weight, personal drama, business worry, physical illness and ailments, and a leg long list of A-Z problems that makes a "happy life" nearly impossible to achieve? I don't. Are there any sure fire remedies that will make us feel better, lift our spirits and make our bodies strong enough to fight illness and disease AND give us a fighting chance at life? YES. YOGA.

COMMITMENT TO PURPOSE

1. What you do for your body, you do for your life. Yoga combats stress, anger, resentment and depression by giving us a "time-out" from the chaos of life. Yoga recharges our mental battery, offers time to decompress, nurtures inner peace, and gives us quiet time to heal our inner child. Yoga is shown to decrease depression by increasing levels of serotonin.
2. Immobility is the #1 cause of body deterioration. Increased flexibility is standard in the practice of yoga. With improved body mobility, debilitating aches and pains that once ruled our world are replaced by invigoration, agility and stamina. Yoga employs your own body weight to give you the best workout of your life. Building body strength isn't just about looking good (although it doesn't hurt!). Building body strength builds flexibility which in turn combats the illnesses and diseases that gain their foothold as we age. Back and hip pain; knee and arm, hand and joint pain.... the stronger your body... the less chance you will experience the onset of age-related body breakdown.
3. A study at California State University, Los Angeles found that many posture poses in yoga strengthen bones that otherwise are vulnerable to fractures with our arms and legs. Yoga improves our posture which translates into a flatter stomach, straight back and relieves neck and spine pain by stretching vertebrae.
4. It's a fact: For every one pound you are over-weight, you add seven pounds of tension, pressure and stress to your joints (hips, knees, ankles etc.). Incredible as that may sound, it's true. Unchecked weight gain and weight retention are destroying our bodies, one joint at a time. Yoga allows you the inner peace to explore issues that may be inhibiting you from reaching to and sticking with your fitness and health goals. Is there a reason you choose



bad food over healthy food? If weight gain makes you self-conscious, feel unattractive, and look older than your years... what is your inner child telling you that you continue to ignore? Isn't it time you discovered how amazing it feels to look and feel your best?

BETH: "In Los Angeles especially, it's all about being thin. But in reality, being thin is not what makes us look younger, or in shape. I am all for plastic surgery if that is what a person wants to do. But too many times people focus on the wrinkles on their faces omitting the obvious ... that their bodies are so emaciated, and so much loss of muscle has occurred because of strict dieting ... all that's left is flabby, hanging skin. This is very apparent on upper arms. Yoga remodels the body with an ancient old method that works out muscles using a person's own body weight. It is possible with yoga to workout our muscles without bulking up. Lean doesn't have to mean scary skinny. Toned doesn't have to mean pumped up muscles. Strong doesn't have to mean bulky. Yoga offers strength training in a very natural way. Muscles will develop in the way muscles should without adding bulk. Scary skinny and loose and flabby is not sexy. Strong, lean and toned is what makes a woman — any age — unforgettable. Yoga gives something that dieting, plastic surgery — nothing else can — and that is the gift of yourself. With yoga we do push-ups, plank positions, downward facing dog, warriors poses, lunging — all using our own body weight. Regardless of where you are right now in your fitness level, you can do yoga. All you need is your own body weight to work your body in a very natural and organic way."

YogaFit offers each of us the opportunity to achieve the ultimate in health, fitness and well-being in a no-stress environment that encourages us to learn about ourselves and our bodies. Be the best you can be. Begin the journey at YogaFit.



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