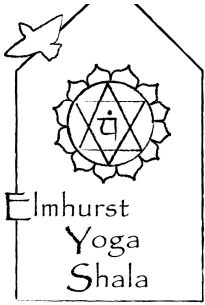


THERAPEUTIC YOGA CLASS

TO REDUCE CHRONIC TIGHTNESS OF THE FOUR CORNERS OF THE BODY
The SHOULDERS and HIPS



www.elmhurstyogashala.com

506 Spring Road
Elmhurst, IL 60126
630.993.YOGA

This class will focus on stretching the hips and shoulders and decreasing stress

- **Increase Range of Motion in the Shoulders and Hips**
- **Increase breath awareness**
- **Decrease stress and anxiety**

All levels are welcome

This class will help open the tight corners of the body using prop supported asana and breath awareness. The focus will be to let go of chronic holding patterns that show up in the hips and the shoulders and may increase lower and upper back pain. After the body is stable and at ease, then we will work on relaxation techniques to reduce stress and holding patterns.

***Sthira sukham asanam – Stability and Ease in every pose.
Sutra 2.46***

Linda Troutman, CYT, RYT (500) has been practicing yoga for over 20 years and has been teaching for 10 years. Her students range in age from 2 – 99. Linda believes that yoga meets you where you are. She believes that yoga can be adapted for any person. Her teaching style is an eclectic mix of vinyasa and alignment based therapeutic yoga along with breath synchronized practices of Viniyoga.

When: Wednesday, October 27, 2010
Time: 7:30 -9:00 P.M.
Where: Elmhurst Yoga Shala, 506 Spring Rd.
Cost: \$15.00 pre-registration is required.

Class is limited to 15 students

Register online www.elmhurstyogashala.com