

HATHA YOGA

Think you are too old, not in good enough shape or too inflexible to do yoga? Think again! Drop your preconceived ideas of what yoga is supposed to be. Yoga is beneficial for all ages, and fitness levels. You do NOT have to be super flexible! The benefits you will gain from this class are so numerous they can't all be listed, but here are a few:

- *Better bone health
- *Lowers blood pressure
- *Improves balance
- *Releases tension
- *Improves concentration
- *Contributes to a healthier lifestyle
- *Boosts sexual performance
- *Helps lymphatic drainage
- *Increases self esteem
- *Boosts immune system
- *Helps body detoxify
- *Lowers blood sugar
- *Increases energy
- *Fights food cravings
- *Encourages self care
- *Improves brain function
- *Prevents joint deterioration
- *Reduces anxiety
- *Decreases pain
- *Improves sleep quality
- *Perfects posture
- *Builds muscle strength
- *Develops mindfulness



You need this in your life! Contact Rachel Czys at rczys1@yahoo.com or 262-903-4541 now to register.