

Re capturing your flexibility
Strengthening your core
Improving Balance
and
Mobility are just some of the
many benefit you will
receive at

Yoga For The Seasoned Body



RELAXING



Monika guides every move to
insure maximum benefit
for your body.

The classes are semi private and
hold up to 6 people at each class.

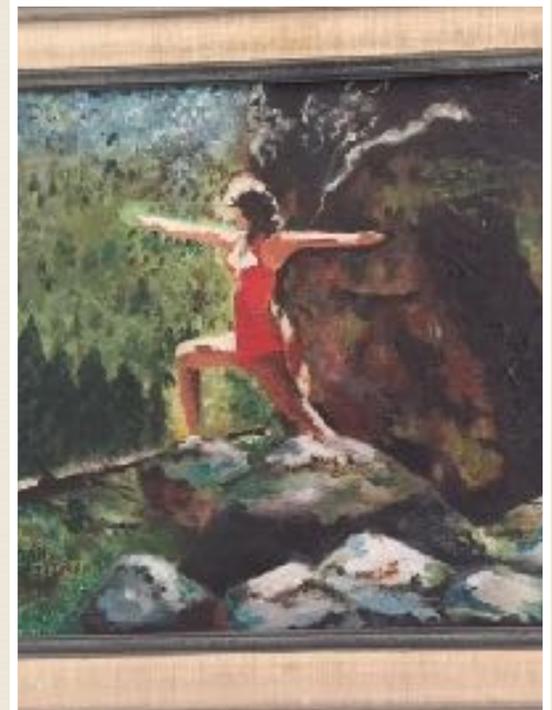
This gives each student
personal attention.

YOGA FOR THE SEASONED
BODY

702-331-2511

www.YogaForTheSeasonedBody.com

YOGA FOR THE SEASONED BODY



Relaxing Yoga Classes for age 50
and over. These gentle and safe
movements help restore and
maintain balance, flexibility and
a youthful step regardless of
your chronological age.



Meet Monika!

After a lifetime of practicing and teaching yoga, Monika Andreas acknowledges that her body is “seasoned.”

She notes, “A seasoned body is one that has been through many seasons of life.

In my case, it included marriage, followed by single motherhood, running in marathons and triathlons, dancing tango every day for five years, grandkids and most recently having both hips replaced.”



YOGA FOR THE SEASONED BODY

With Yoga for the Seasoned Body™, some simple modifications allow most everyone to practice yoga, even when faced with physical challenges. The increase in flexibility, strength, balance, and stress reduction can make a huge difference for the “seasoned bodies” that have carried so many of us through many seasons of our lives.

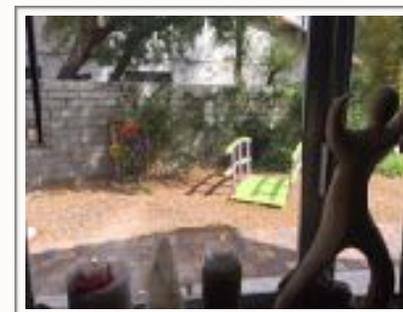
UNIQUE AND COMPLETELY GUIDED:

Monika is watching every move we make to insure we are helping our bodies to stay supple and flexible. Strengthening the core is so important in maintaining our health and vitality at every age.



BEAUTIFUL SERENE SETTING:

The cozy and relaxing setting of the studio really adds to the feeling that you are doing something wonderful for yourself.



FEEL THE DIFFERENCE:

This gentle yoga is safe for you even if you have physical challenges. The more toned we are the better our golden years. Classes are during the week and on the weekends as well.

