Yoga with Deborah Schedule

Elysium Health Temple – Spa & Mountain Retreat

848 W. Tonto St. Apache Junction, AZ
From Hwy 60, north on Idaho, west (left) on McKellips, north (right) on San Marcos, spa is 2 story house at end
Enjoy tea with your class!

Yoga for Rejuvenation	Mon	5:30–6:45pm

$7 drop in, 5 for $30, 10 for $50

USHNA (Hot) Yoga	Tue, Thu	8:30–10am
	Wed	5:30–7pm

$10 drop in or 5 for $45 or 10 for $80

Mountainbrook Village Sunset Room, Gold Canyon

From Hwy 60, north on Mountainbrook Rd, turn left into parking lot after Activity Center – go to end on right

Yoga for Rejuvenation	Fri	8:30–9:50am,

$7 drop in, 5 for $30, 10 for $50, Open to All

Highlands at Brentwood Clubhouse, Mesa

Val Vista north of Apache Trail (Main) – call for details

Yoga for Rejuvenation	Fri	10:45am–12noon,

$7 drop in, 5 for $30, 10 for $50, Open to All

Apache Junction Multi-Generational Center

1035 N. Idaho Rd, Apache Junction, AZ
$6 drop in, monthly – yearly passes available

Yoga Posture Intensive	Mon	7:30–8:45am
Yoga II		9–10:15am
Power Yoga		10:30–11:30am
Yoga for Strength	Wed	7:30–8:45 am
Introduction to Yoga		9:35–10:50 am

480-861-9959

www.healyourselfhealyourworld.com

Yoga with Deborah Class Descriptions

Yoga enhances awareness of the connection of body, breath, mind, and spirit, helping us to heal ourselves physically, mentally, & emotionally. Deborah emphasizes focus on breath and visualization to increase awareness and enable one to go deeper.

Yoga for Rejuvenation
Designed to appeal to both the beginner and the more experienced Yogi and Yogini. Variations for different levels are presented, and all are encouraged to listen to their bodies and modify or shorten postures as necessary.

Introduction to Yoga
Postures and movement used are fairly simple and not held for very long. The experienced Yogi or Yogini can still enjoy this class as it is very relaxing.

Power Yoga
Flow between postures with the breath. Sun and moon salutations as well as other movements engage and stretch as many muscles as possible. Get a cardio workout moving continuously and meditatively.

Yoga Posture Intensive
A few related postures are the focus of most of the class. Nuances of each posture, including anatomy and personal differences, are emphasized.

Yoga for Inner & Outer Strength
Postures are held longer to enhance focus on breath and intricacies of the posture. Develop strength and flexibility of both body and mind. All levels are welcome, and reminded to honor their bodies and come out of a posture earlier if necessary.

Ushna (Hot) Yoga
The room is heated to about 98-102F to warm the muscles, allowing greater flexibility and focus while decreasing soreness and releasing toxins. All levels are welcome, and are reminded to honor their bodies and modify if necessary. Not recommended for pregnant women; people with medical conditions or taking medication should consult a medical professional first.