

Yoga le Deborah July 2010 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 Tue 5:30–6:45pm

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

USHNA (Hot) Yoga Mon, Wed 5:30–7pm

Tue, Thu 8:30–10am

\$10 drop in, 5 for \$45, 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

(no class July–September)

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

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

Common Root Herbal Medicine and Accupuncture

1355 S. Higley Rd. #111, Gilbert, SE corner 202 & Higley

Yoga for Rejuvenation Fri 1:30–2:45pm, \$5

Apache Junction Multi-Generational Center

1035 N. Idaho Rd, Apache Junction, AZ

\$6 drop in, monthly – yearly passes available

Yoga II Mon 9–10:15am

Power Yoga *(no class July–Aug)* 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 le Deborah Class Descriptions

Yoga enhances awareness of the connection between body, breath, mind, and spirit, helping us to heal ourselves physically, mentally, & emotionally. Deborah emphasizes focus, breath, visualization, and affirmation 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. Energize, strengthen, stretch, and relax. 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 movements 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 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 98–102°F to warm the muscles, allowing greater flexibility and focus while releasing toxins, enhancing circulation and body systems, and decreasing soreness. All levels are welcome, and are reminded to honor their bodies and modify if necessary. Not for pregnant women, and it's recommended that those who've had breathing problems, chest pain, or medical conditions consult a medical professional first.