

## *Deborah's Weekly Yoga Classes*

### *Gold Canyon and Goldfield classes*

\$7 drop in, 5 for \$30, 10 for \$50 - use at both locations:

#### *Elysium, The Temple of Body, Mind, and Spirit*

848 W. Tonto St. Apache Junction, AZ

From Hwy 60, north on Idaho, west (left) on McKellips,  
north (right) on San Marcos, spa is in 2 story house at end

*Enjoy an intimate class followed by tea!*

Mon 5 - 6:15 pm Yoga Flow

Tue 10:30 - 11:45 am Hot Yoga

Thu 9 - 10:15 am Yoga Flow  
10:30 am - 11:45 pm Power Yoga

#### *Mountainbrook Village Sunset Room, Gold Canyon*

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

Fri 8:30 - 10 am Yoga Flow  
Open to All

#### *Apache Junction Multigenerational Center*

\$5 drop in, monthly - yearly passes available

1035 N. Idaho Rd, Apache Junction, AZ

Mon 9:05 - 10:20 am Yoga Flow  
10:30 - 11:30 am Power Yoga

Wed 7:30 - 9:45 am Yoga for Inner & Outer Strength  
9:35 - 10:50 am Introduction to Yoga

**480-861-9959**

***www.healyourselfhealyourworld.com***

## *Yoga with Deborah Class Descriptions*

Yoga enhances the connection of the body, breath, mind, and spirit. Yoga practice helps us to heal ourselves physically, mentally, and emotionally. In these classes, focus on the breath and visualization are used to increase awareness of the body and enable one to go deeper. All of the classes are structured as a meditative flow between breath, movement, and postures.

### **Yoga Flow**

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**

In the Introduction class, the postures 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. We include sun and moon salutations as well as other movements designed to engage and stretch as many muscles as possible. Get a cardio workout moving continuously and meditatively.

### **Yoga for Inner & Outer Strength**

Enjoy a flowing Yoga class in which postures are held longer to increase the importance of focus on the breath and the intricacies of the posture. Develop strength and flexibility of both body and mind. All levels are welcome, and are reminded to honor their bodies and come out of a posture earlier if necessary. Many experience an even deeper clarity and relaxation with this practice.

### **Hot Yoga**

The room is heated to about 100F to warm the muscles, allowing the body to sink deeper and decreasing soreness. All levels are welcome, and are reminded to honor their bodies and modify the practice if necessary.