



# YOGA PRESCRIPTION SERIES

## WINTER 2010

### YOGA FOR EVERY BODY

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#### MAKE YOGA PART OF YOUR PREVENTATIVE HEALTHCARE PLAN

Yoga is an excellent adjunct to regular medical care. Learn what this ancient science has to offer for our busy modern lifestyle. You will learn new information to help you understand a particular condition and you will have opportunity to practice techniques to aid you in addressing that condition. Participants will be given practice suggestions and further resources to learn more about the topic. Poses can be adapted for those with limited mobility. Ask your physician if you are a good candidate to participate. No previous yoga experience is necessary.

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**TUESDAYS 7:00 PM-8:30 PM**  
**\$15 PER SESSION. ENROLL IN 4 OR MORE FOR \$10 EACH**

**CALL (309) 467-3220 TO ENROLL OR EMAIL: HEALTHYARTSPT@YAHOO.COM**

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#### **JAN 12 - YOGA FOR WEIGHT MANAGEMENT AND CONTROL OF TYPE II DIABETES (DAVE)**

We live in a society that promotes unhealthy lifestyle and eating habits which can lead to ill health, obesity and diabetes. Yogic philosophy and practice can help us understand ourselves and our health from a new perspective.

#### **JAN 19 - YOGA FOR COPING WITH ANXIETY AND STRESS (PEG)**

Yoga offers tools for understanding how our thoughts lead to symptoms of anxiety in the body. Learn breath and movement patterns to help release stress and reduce anxiety, gradually dissolving the hold of negative mental patterns. Appropriate for those who experience performance anxiety, panic attacks, phobias or post-traumatic stress disorder, or for anyone wishing to reduce the impact of stress in their lives.

#### **JAN 26 - YOGA FOR HEALTHY RESPIRATION - BREATHING FREE (DAVE)**

This class will focus on ways of opening up the chest and torso in gentle creative ways to a deeper, freer breath. Learn "pranayama"-- some gentle yogic breathing techniques. Those with asthma and mild COPD may especially benefit.

#### **FEB 2 - YOGA RELAXATION AND MEDITATION TECHNIQUES TO QUIET THE MIND (PEG)**

Learn several approaches to relaxing the physical body and quieting the mind in this experiential session which provides a great way to end your busy day. We will practice simple stretches, progressive physical relaxation, breathing routines and creative visualization to relax the body and still the mind helping you to return to that quiet center that is the birthright of every human being.

#### **FEB 9 - YOGA FOR DIGESTION AND GASTROINTESTINAL HEALTH (DAVE)**

Yoga techniques of movement, static postures, breath and relaxation have much to offer those with gastrointestinal problems. Studies have shown some good results for GI sufferers. Learn which yoga tools have been found to be helpful.

#### **FEB 16 - YOGA EXERCISE & EATING ROUTINES TO MATCH YOUR PERSONALITY TYPE (PEG)**

Participants will be sent a questionnaire ahead of class that helps identify your dominant yogic "dosha" or personality type. Learn which foods, exercises, sleep and work patterns will help you to live more harmoniously based on your specific personality type.

#### **FEB 23 - YOGA FOR HEALTHY BONES AND JOINTS (DAVE)**

Yoga done with healthy alignment can strengthen bones and joints. Learn basic yoga postures that promote stability, balance and solidity in your body and daily life.

#### **MAR 2 - YOGA, BODY IMAGE AND EATING DISORDERS (PEG)**

Yoga is a non-competitive form of exercise that promotes a friendly attitude toward oneself and others. We'll bring awareness to internal self-destructive thought patterns and look at supportive movement and eating routines to help you develop a kinder, more balanced approach to self-care. Appropriate for anyone who has experienced emotional concerns about eating and weight management.

#### **MAR 9 - YOGA FOR CARDIOVASCULAR HEALTH AND WELL BEING (DAVE)**

Yoga philosophy, practice and lifestyle has been shown by researcher Dean Ornish and others to help reverse the course of cardiovascular disease. Learn about the key elements of this research and how to practice it.

#### **MAR 16 - YOGA AND MENOPAUSE (PEG)**

As women approach mid-life and the ending of regular menstrual cycles, the physical and emotional changes wrought by shifts in hormones can be destabilizing to both body and mind. Learn how yoga's gentle movement patterns, breath work and relaxation routines can contribute to a sense of inner well-being while building outer physical strength. Practice poses to combat osteoporosis and assist circulation while addressing concerns about self-image through guided imagery practice.

#### **MAR 23 - YOGA FOR BACK PAIN AND STRESS MANAGEMENT (DAVE)**

Painful spine related disorders can be helped through a balanced yoga practice. Treating the whole person with yoga mind and body techniques can be very helpful in reducing back pain and stress in our lives.

#### **MAR 30 - YOGA FOR INSOMNIA (PEG)**

Whether you have difficulty getting to sleep at night or you find yourself waking in the middle of the night staring at the ceiling, you undoubtedly face the day depleted of energy, with lower reserves of mental, emotional and physical vitality. Let yoga's gentle approach restore your sense of well-being. In this class we'll talk about food, exercise, breathing and thought patterns that support a good night's sleep.

**CALL 467-3220 TO ENROLL**  
**CLASS SIZE IS LIMITED SO PLEASE CALL EARLY**