



Yoga for Beginners

When you think about exercise, normally it's associated with profuse sweating, being out of breath and then falling over from sheer exhaustion. In comparison, yoga exercises always seem, well, easy. However, once you try it, you'll realize it's more challenging than running 3-4 miles. Yoga benefits every functioning part of the body and you'll soon see that yoga exercises are challenging enough for every level of fitness.

What you can expect from joining our Beginning Yoga Class.....

1. You'll see increased flexibility, of course. This is one of the main yoga benefits everyone thinks of from yoga exercises. Flexibility will also keep you from getting hurt in some of your other activities. You'll perform those activities better too. It won't take long, either, to see these yoga benefits.
2. Yoga exercises will also improve your concentration and focus. Many people report they are more productive at work and at home for the rest of the day after a session of yoga exercises. Many report feeling in tune with themselves and the rest of the world around them. Yoga benefits also include a release of stress and tension that our fast paced world often causes.
3. Yoga exercises also give you a greater sense of balance. If you are one of the people that fall off the treadmill, yoga benefits should also include help with your balance and create a feeling of sure-footedness. Well, for most people, anyway!
4. Yoga benefits also can include many other psychological effects as well. You'll find a greater sense of calm and wellness. Yoga exercises can also help reduce the symptoms associated with depression, increase you concentration, and anxiety will often decrease as well. Many people report feeling stronger, younger, and more alive than ever before after beginning yoga exercises. Several recent scientific studies also indicate that some people will notice a decrease in anger and hostility as well.

5. Yoga can also help improve many physiological aspects of your body. Blood pressure and heart rate is lowered. Your sleeping pattern improves as well as your posture. You find your respiratory efficiency will increase and so will your immunity to some diseases.

6. Above all, your endurance and your energy levels will also increase with yoga exercises.

7. Yoga benefits your entire body and can help improve you overall physical, mental, and emotional well being.

Yoga benefits are very wide reaching. You'll find you have more patience with others and you will feel a sense of calm. Yoga also causes a release of serotonin, which is often referred to as the body feel good hormone.

CLASS IS LIMITED TO THE FIRST 15 STUDENTS!

Dates: Wednesdays (6 sessions)
• January 18 – February 22, 2012
• March 14 – April 18, 2012

Time: 5:00- 6:00pm

Location: Edison State College, Lee Campus, room to be announced

Cost: \$90.00

Instructor: Jennifer Manchester- Yoga Certified

Seats are limited, so register today!
Advance registration and payment is required
For registration form and information, call 239-489-9235,
email celee@edison.edu
OR download from www.edison.edu/lee/ce

Requests for refund one week prior to the first class meeting will be granted. If you have a Higher One card through Edison the refund will be transferred to your Higher One Account. Due to the short-term nature of most Continuing Education programs, refunds will not be granted on or after the first class meeting.