



Mind Body Balance
Your Global Fitness And Well-Being Studio



De-Stress Using Yoga Principles!

Yoga really is for Everyone and Every body!

- Are you afraid to do yoga or enter a yoga studio?
- Not sure what yoga even is?
- Do you think you already have to be flexible to do yoga?
- Are you afraid that you'll get stuck in a pose or not know how to do a pose and embarrass yourself?

Let me put your fears to rest. Mind/ Body: Balance uses the YogaFit® philosophy of teaching yoga for the masses. Getting the pose to fit your body (not your body to fit the pose). I tell every new yogi that starts with me that you are not required to put yourself into a prezel shape unless you wish to do so!

The essence of yoga isn't about your age or level of expertise; it isn't even about your flexibility or ability to do difficult postures. Instead, it is about awareness of the body and breath during movement. When you develop this awareness of breath and movement... then you are on to something and any student has the ability to find this skill.

You should never be forced, pushed or shoved into a pose. Instead, your instructor should be knowledgeable enough to guide you through modifying the pose to fit your body at that moment. I say "At that moment" because our body changes everyday depending on the activities of daily living.

For the last several years I've had the pleasure to study with Dr., Ralph LaForge of Duke University Medical Center in the Endocrine Division and Lipid Clinic at a national conference I attend annually. He has done extensive research on Mind Body exercise. One very important point that I'd like to make is that all of the research is based off of

a yoga lifestyle and not solely on the asanas (or poses) themselves. Hatha Yoga is a low-level individualized exercise which enhances proprioception and kinesthesia and improves strength, flexibility and balance.

According to the Center for Disease Control, The costs associated with treating chronic conditions account for more than 75% of the \$2 Trillion spent annually on medical care. Specifically, cardiovascular disease, diabetes and hypertension (pulmonary diseases not counted) represent about 60% of all chronic disease in the U.S. There is scientific evidence that hypertension, insulin resistance, anxiety disorders, pain, cardiovascular disease risk factors and depression all respond positively to regular participation in Mind Body exercises such as Tai Chi, Hatha Yoga, Pilates, etc. Mindful exercise programs have played an increasing role in managing a number of chronic disease-states in recent years, with the most prevalent chronic illness in the U.S. being cardiovascular disease, cancer, diabetes and arthritis.

Hatha yoga can help you achieve a healthy lifestyle or be the first step toward starting a healthy lifestyle. Always begin slowly and progress gradually. Always take care to find an instructor that understands your needs.

"The essence of yoga is breathing, feeling and listening to the body, letting go of competition or judgement toward ourselves or others, letting go of any expectations that may keep us from fully experiencing the joy of movement, total and completely accepting who we are in this body, in the breath and in this moment"

—Beth Shaw Founder of YogaFit®

Source:Ralph LaForge Lecture on Mindful Exercise for chronic Disease and YogaFit® Training Manual

**MIND / BODY:
BALANCE**

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We Inspire Our Clients to
Movement!

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