

YOGA 101:

Find a style of YOGA that suits your Personal Needs & Goals

Select a variety of styles to mix it up once you master the basics

Schedule YOGA sessions into your weekly schedule and make them a priority like any other appointment.

Results to look for:

- Increased Flexibility
- Improved Posture
- Stress Reduction
- Improved Lung Function and more...

Purchase your own Equipment to ensure cleanliness and personal needs:

- Yoga Mat
- Block
- Strap
- Props

Practice Space:

- Home (Video/Virtual/Book)
- Studio
- Gym

CrossTrain:

- Be sure to add other types of activities to complement your wellness program
 - Cardiovascular Activity
 - Interval Training
 - Weight/Resistance Training

Always consult with your MD before you begin any exercise program and seek medical advice if you are having any health issues which may be made worse by starting a new fitness program.