

NEW YOGA classes with Meditation, Pranayama (deep breathing) and Chanting. Full hour and ½ package with Lisa

Fridays ~10:00 am-11:30am

(\$15 drop in or \$50 Monthly)

Yoga



BENEFITS:

- ✓ Releases tension
- ✓ Better your bone health
- ✓ Increases your blood flow
- ✓ Boosts your immunity
- ✓ Drops your blood pressure
- ✓ Lowers blood sugar
- ✓ Relaxes your system
- ✓ Helps you sleep deeper
- ✓ Helps you focus
- ✓ Improves your flexibility
- ✓ Increasing lubrication of the joints, ligaments and tendons
- ✓ Excellent toning of the muscles

Pranayama or Chanting



BENEFITS:

- ✓ Improves the rate of breathing
- ✓ Reducing blood pressure
- ✓ Helps with the digestive system
- ✓ Enhancing the functioning of several organs
- ✓ Removing the toxins
- ✓ Strengthening the immune system
- ✓ Assist in getting rid of negative emotions
- ✓ Improving the circulation
- ✓ Relaxes the body

Meditation



BENEFITS:

- ✓ Improves your concentration
- ✓ Brings peace
- ✓ Cleanses your aura
- ✓ Removes toxin from your body
- ✓ Self-healing power
- ✓ Empowering
- ✓ Soothing
- ✓ Relaxing
- ✓ Connects within
- ✓ Peace of mind
- And so much more..

Call us today to reserve your Yoga Mat with Lisa @ 905-736-0563

Mats are limited but supplied for Free

Let us help you bring tranquility in your life!

Location ~ 23 Nature Line Lowbanks www.boostyourhealth.ca

Personal groups can be scheduled