

Namaste Yoga Center

907 Clocktower Drive
Springfield, IL 62704

October Workshop

YOGA for Healthy Bones



Saturday, October 17, 2009
1:00-3:00 pm

- ॐ Energize your practice
- ॐ Deepen awareness of body/mind
- ॐ Strengthen muscles and bones
- ॐ Improve the functioning of endocrine glands
- ॐ Increases circulation to joints and spine
- ॐ Decreases joint stiffness and pain
- ॐ Boosts oxygen supply to nourish, repair and regenerate bone cells
- ॐ Improves focus, concentration, coordination, and balance

Yoga students of all levels welcome!

Cost ~ \$20

Call 217-698-8177 or email info@namasteyoga.com to register.