

The Wellness Clinic



Did you make a New Year Resolution to get healthy?

Join us for our new year's YOGA session.

What is yoga?

The term *yoga* comes from a Sanskrit word which means yoke or union. Traditionally, yoga is a method joining the individual self with the Divine, Universal Spirit, or Cosmic Consciousness. Physical and mental exercises are designed to help achieve this goal, also called self-transcendence or enlightenment. On the physical level, yoga postures, called *asanas*, are designed to tone, strengthen, and align the body. These postures are performed to make the spine supple and healthy and to promote blood flow to all the organs, glands, and tissues, keeping all the bodily systems healthy. On the mental level, yoga uses breathing techniques (*pranayama*) and meditation (*dyana*) to quiet, clarify, and discipline the mind. However, experts are quick to point out that yoga is not a religion, but a way of living with health and peace of mind as its aims. Yoga has been used to alleviate problems associated with high blood pressure, high cholesterol, migraine headaches, asthma, shallow breathing, backaches, constipation, diabetes, menopause, multiple sclerosis, varicose veins, carpal tunnel syndrome and many chronic illnesses. It also has been studied and approved for its ability to promote relaxation and reduce stress.

Information in this article received from: <http://medical-dictionary.thefreedictionary.com/yoga>

Join us on Saturday mornings

Yoga at Denton Massage School and The Wellness Clinic

Class Dates:

January 8, 2010
January 15, 2010
January 22, 2010
January 29, 2010
February 5, 2010
February 12, 2010
February 19, 2010
February 26, 2010

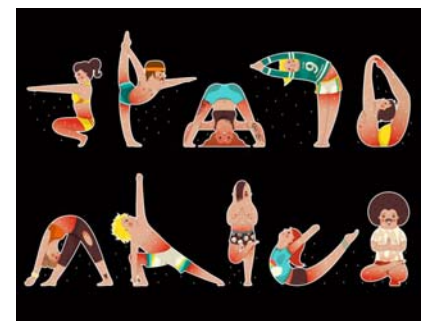
Class Cost:

The cost of the 8 week session is \$64 per person or \$8 per class with early registration.

Drop in classes are \$10 per session

Class Times:

All classes held Saturday mornings
8:00am – 9:00am



Contact us at:

The Wellness Clinic
(360) 435 - 8490

Denton Massage School
(360) 435 - 0145