

Yoga



Yoga is a moving art and meditation that may lead you to your own inner peace, discovery and renewal. Build strength and confidence, relieve stress, increase flexibility, calm your mind, and strengthen your body

Vinyasa, also called flow because of the smooth way that the poses run together, is one of the most popular contemporary styles of yoga.

In **Vinyasa yoga**, each movement is synchronized to a breath.

Vinyasa flow is typically said to be an “all levels” practice.

This means that yogis of all shapes and sizes, all ages and abilities are welcome to join in the practice and flow and move together.

Because of the wide variety of students, there are always options and steps to take along the way.

You always have options to slow things down or speed things up, to rest or to simply take a modification or a deeper variation of different postures.

Gentle yoga is beneficial to all people for its restorative benefits.

It’s accessible to those who can’t do a practice that requires a lot of flexibility and strength.

It’s a slower practice that focuses on making it easier to get into postures.

It can also be helpful for people recovering from injuries or surgery, or who have joint replacements and need to explore postures slowly and carefully.

Essential oils may be used to enhance your yoga practice.

December 2018 Schedule

Tuesday 8:00 - 9:00 am Vinyasa

Thursday 8:00 - 9:00 am Vinyasa

Friday 10:30 - 11:30 am Gentle

Suggested Donation: \$8 – 15



No yoga Christmas week.

Olla Terve Healing Studio, 1091 East US Hwy 24, Woodland Park, Colorado

Check website for updates. OllaTerve.com