



# Yoga for Health



## What is yoga for health?

This class will not only give you the foundation and continuum of yoga but will teach you how yoga and meditation both can be used everyday. This class brings it's focus to 3 primary things; mind, body, & spirit. It will guide the student deeply into mental clarity through balancing of emotions and body. This class is centered around what the students need, to find strength, expression, support, peace of mind, and an overall peace of mind.

## Who is this for?

- People ready to learn yoga, meditation and how to use them daily
- All levels welcome
- People looking for a supportive environment to explore the changes ahead

## Get started with the next class:

You can call 402-934-1617 to sign up or go online at [omahaic.com](http://omahaic.com). Questions you can call or email Stevie Jelden at [s.jelden@omahaic.com](mailto:s.jelden@omahaic.com)

## What are the benefits?

- Teaches breathing techniques and postures that calm the body
- Nourishes the internal organs
- More energy
- Releases anxiety and stress
- Improves health and immune function
- Builds strength, balance and coordination

## What can I expect?

Yoga for Health is open to all people ready to gently explore the personal power that lies within. Cara will teach meditation, breath work, asanas/movement and affirmations.

## What is the cost?

- First time FREE
- \$17 Drop-In
- \$10 Student Price
- \$125 10 class package (\$12.50 per class)
- \$225 20 class package (\$11.25 per class)

## When?

- Every Tuesdays at 6:30 PM
  - Omaha Integrative Care **MAIN**

