

YOGA: THE HEALTH CARE REFORM



Nancy Dale, Ph.D. and Certified Yoga Instructor

As an Iyengar yoga practitioner for more than 20 years, Dr. Dale introduces the postures, body integration, and breathing techniques that contribute to health and wellness through this traditional yoga practice.

What is yoga? The word “yoga” means “union,” stressing a mental/physical integration of the mind and body through various levels of “asanas” or postures and “pranayama,” a rhythmic control of the breath, to improve body alignment, build strength, and quiet the restless mind in order to focus on the attainment of this goal. Iyengar yoga is a researched yoga discipline developed over 70 years ago by BKS Iyengar, stressing integration of body and mind with an approach firmly based on individual development and practice. *First time yoga students welcome!*

CLASS SCHEDULE – FALL SPECIAL - \$8.00 per class (4 class series) \$32.00 MONDAYS: 10:30 a.m. - Noon – “INTERMEDIATE YOGA”(call for space available)

12:00 P.M. TO 1:00 P.M. – “GENTLE YOGA” – Seniors/never-before-yoga students

6 P.M - 7:30 P.M. “BEGINNING YOGA” No experience required

WEDNESDAY 9 – 10 a.m. - “THERAPEUTIC YOGA” Pre-registration required. Call.

Location: Unity Enrichment Center 10417 S. Orange Blossom Blvd. - Sebring, Florida Directions: Take US 27 south to Hwy 66, make a right, go west until you see the “Henscratch Winery” sign (on right) which is Orange Blossom Blvd., make a left. Stay on Orange Blossom until you see UNITY on wooden gates; make a right into parking lot. JOIN US FOR “YOGA SAFARIS” Questions: Call Nancy Dale (863 214-8351) e-mail: nancydalephd@gmail.com

CLASS FEES – PAID IN ADVANCE, NON-TRANSFERABLE – \$11.00 PER CLASS (WALK IN)

CALL FOR PRIVATE LESSONS