

YOGA: THE HEALTH CARE REFORM

10 A.M. MONDAYS – GOLD'S GYM



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!*

MONDAYS: 10:00-11:00 a.m. – OPEN TO ALL LEVELS

_\$10:00 WALK-INS (IF NOT A MEMBER OF GOLD'S GYM)

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