

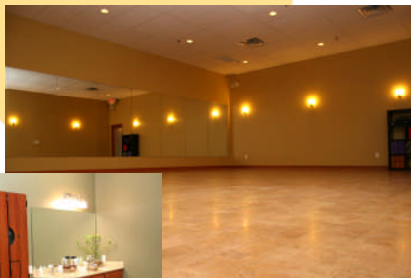
## Prospective Teachers

Do you love yoga?  
Do you teach yoga?  
If so, we'd love to hear from you!

YOGA 4 you is looking for certified instructors to join our team. From kids' classes to gentle stretching to power yoga; YOGA4you strives to offer something for every age group and every level of practice. Help us share the many benefits of yoga with others.

For more information about employment opportunities, please contact Jenn.

You're  
Our  
Greatest  
Asset



 **YOGA4you**  
life • fitness • fun

14020 Hwy 13 S.  
Savage, MN 55378  
(Marketplace at 42 near Rainbow Foods)

Contact  
**Jenn Holm**, Yoga Director  
Jenn@DoYoga4you.com  
612-991-3935

Yoga Studio  
in Savage!



**YOGA**   
**4you**

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### Mission Statement

YOGA 4 you offers instruction and tools for individuals of all ages to develop strong, healthy bodies; calm, content minds; and quiet, receptive spirits which will assist them in becoming fully engaged in their lives and in the world around them.



### Y4Y Staff

- Kelly Larson**, President
- Jenn Holm**, Yoga Director
- Wendy Waibel**, Creative & Strategic Dev.

### Future Classes

- YOGA 4 Breathing Workshop,
- YOGA 4 Advanced strength class,
- YOGA 4 Flexibility class,
- YOGA 4 Definition class.



[www.DoYoga4you.com](http://www.DoYoga4you.com)

### Class Descriptions

#### YOGA 4 Mindful Movement

This beginner's class is a great way to become familiar with the poses commonly used in yoga. It focuses on poses to stretch and strengthen all major muscle groups while opening the body to increasing challenges. Emphasis is given to basic alignment of the poses. **Yoga 4 Mindful Movement** is great for beginners. (Class is one hour in length.)

#### YOGA 4 Flowing Strength

This fun, challenging, flow-style class combines sequences of poses more quickly, focusing on importance of breath and core strength. You will develop overall stamina, strength, and flexibility while gaining peace of mind. All levels are welcome but some yoga experience is helpful. (Class is one hour in length.)

#### YOGA 4 Relaxation & Renewal

Relieve fatigue and stress while encouraging your own well-being with this therapeutic style of yoga. Blankets, blocks, pillows and other props are used to fully support your body in gentle stretching postures. These restorative poses offer benefits to both the body and mind for conditions including: insomnia, asthma, chronic pain, migraines, and depression. It is a soothing and nurturing practice that promotes complete relaxation. Blankets and pillow are provided. **Yoga 4 Relaxation & Renewal** is suitable for all levels. (Classes are 75 minutes in length.)



#### YOGA 4 KIDS

This class was designed for kids 4-8 years of age. The bustling pace of our children's lives can have a profoundly negative effect on their natural state of joy. Yoga can help counter these pressures by teaching children techniques for self-health, relaxation, body awareness and concentration. Through the magic of storytelling, kids have the opportunity to assume the role of animals, trees, flowers and warriors—having fun and setting the foundation for a lifelong practice of yoga. (Class is 45 minutes in length.)



#### Prenatal YOGA 4 you

The bond between mother and baby is celebrated in this unique yoga class. You will learn specific yoga poses, breathing exercises, and relaxation techniques to relieve the physical and emotional discomforts that can occur during pregnancy. Feel the connection between you and your baby while improving your health and preparing your body for the big day! (Class is one hour in length.)

#### Hot YOGA 4 you

Our Hot yoga class consists of a series of yoga poses conducted in 95° - 100° heat. A vigorous yoga session at this temperature promotes profuse sweating and makes the body very warm, and therefore more flexible. The heat allows the muscles to stretch deeper than they would otherwise with less danger of injury, and detoxifies and cleanses your body via sweat. Dress lightly. (Class is one hour in length.)