

Gentle Hatha Yoga By Tysu

"Focus on Healing"



These gentle exercises will purify the blood, lymphatic system, balance endocrine system leading to a healthier body, mind and spirit.

- Discover methods to recharge and strengthen the eyes and neck.
- Feet reflexology to stimulate the nervous system and the organs towards detoxification.
- Yoga therapy for back, neck, tight joints, hands and shoulders or whatever ails you.
- Learn to maximize the life force - increase energy. De - stress with deep relaxation. People have reported that they sleep like a log from taking the class!
- Number 1 fear after age 65 is falling. Significantly improve Balance, strengthen the stabilizer muscles of the ankles, feet and the lower extremity of the body.
- Increase Prana - Life energy to catch fewer colds and flu by regular attendance!!!