

PEACE, CALM AND RELAX YOUR BODY, MIND AND SPIRIT

CDT Yoga

HATHA YOGA

Hatha yoga is a popular yoga choice. Beginners are welcome. The class will offer many different levels of postures to meet a wide variety of needs.

Hatha Yoga uses postures and conscious breathing in combination with mental focus to develop awareness, balance, strength, flexibility.

GENTLE YOGA

For all ages. By using the props to support and deepen the posture in a safe way. It's a simple and easy yoga class, but lots of benefits for your health.

This class is including meditation, breathing excises, and gentle postures, it helps to increase lungs capacity, flexibility, and relaxation.

VINYASA YOGA

(Intermediate)

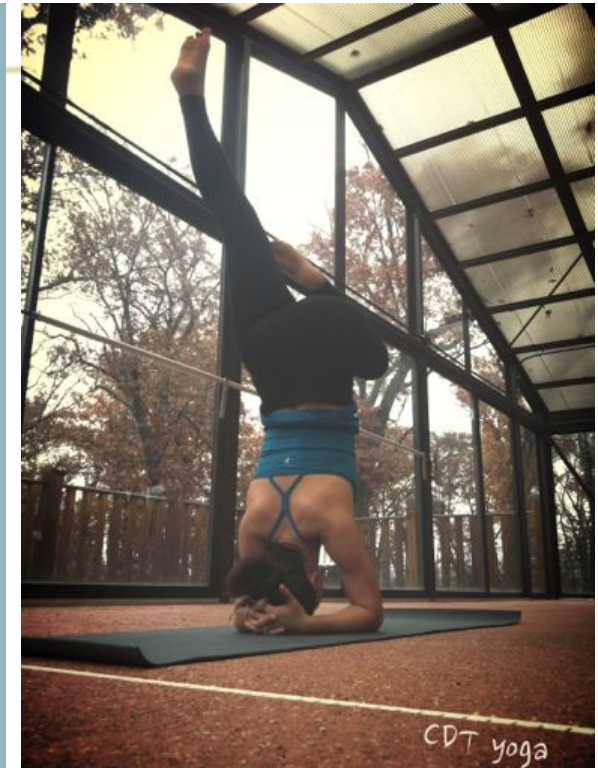
Vinyasa yoga postures are linked together in a series of movements that are synchronized with each breath. It integrates of body and mind.

Vinyasa Yoga enhances strength, balance, flexibility; it builds and maintains bones, muscles and a high metabolism.

PRENATAL YOGA

It's a wonderful time to bond with your baby by using birth ball and other props to do modified version of yoga postures.

Prenatal Yoga teaches you to breathe, to balance, to builds up strength, to open your hips for childbirth. It helps relieve arches, pain, and anxiety during the trimesters. Moreover, it's also a great way to meet other moms.



CERTIFIED YOGA INSTRUCTOR

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- Drop In: \$12
- 8 Class punched card for \$80 (You will save \$16. The lessons will not expire and are not limited in any way. You can come in any time.)
- Please contact me for private lesson rate.