

Emily Waddell Fite R.N., RYT-500

Emily received her Hatha yoga teacher training at Shoshoni Retreat Center in 2000. Her training was intensive physically, mentally and spiritually. Emily is a registered nurse in obstetrics. Her classes focus on compassion and loving-kindness for the self, global community and earth. She invites awareness and balance into our entire being. Emily has 2 home practice DVD's: Hatha and Prenatal. ewcrechr@hotmail.com

Kathy Schlesinger RYT-200

Kathy, a research scientist, has been teaching Iyengar yoga since 2002. Kathy received her training from numerous national instructors. With her passion for yoga and natural attention to detail she helps students find proper body alignment.

Sierra Roberts

Sierra completed the 200 hour yoga teacher training class with KCFitnessLink. She is finishing her practicum to become an RYT. She has always been interested in all aspects of wellness and loves the balance yoga brings.

Vickey Meyer

Vickey is completing her RYT-200 with Treasure Valley Yoga Teacher Training in Boise, Idaho. She will be certified with Yoga Alliance in 2014. She has been practicing yoga for 10 years and has taught in the St. Joe School District for 15 years. She wants to share the openness, peace, and compassion yoga provides.

The Yoga Room

“Celebrate life in an atmosphere that cultivates health, wellbeing and compassion for all.”

Fall 2013



410 Felix
St. Joseph, MO 64501
816-238-7101

www.yogaroom.org

“I offer the most sincere, heartfelt and huge thanks to you for loving and supporting The Yoga Room with your thoughts and presence.” -Emily

Come surround yourself with the splendor of The Yoga Room's peace and serenity. Through yoga and meditative practices you can honor and acknowledge your spiritual, mental, and physical being. Namaste!

Make-ups

Classes may be made up at any time during the same session. You may make up in advance of an anticipated absence.

Parking and Location

We have a lovely courtyard in the back if you park in the lot off of Edmond and enter through the iron gates. There is parking on the streets of 4th and Felix and a public lot that is free if you leave after 5:00p.m

Benefits

Yoga manifests optimum health on all levels. Physically, yoga helps to lower blood pressure, lower heart rate, reduce back pain, reduce susceptibility of headaches, migraines, slows aging process, improve sleep, soothe pain of fibromyalgia, reduces pain of arthritis, cleanses organs, tones muscles, increases flexibility and strength and corrects posture. Mentally, yoga helps to reduce stress, slows chatter of the mind, reduces anxiety and sharpens concentration. Yoga relaxes the mind, which slows down the breath. The breath is the tool that connects us with life, the environment, with ourselves and others. Yoga is a meditation of movement, breathing, and mindfulness. When our minds and bodies begin to slow down and we connect with our true selves spiritual awakening happens.

Come join us for peace,
relaxation and enlightenment!

The benefits are infinite!

ॐ नमः शिवाय

Yoga Class Description:

Hatha - Flowing yoga intending to lengthen the spine and bring peace and openness to the heart and relaxation to the mind

☸ **Level I-** Welcome beginner and continuing students for relaxation in these very gentle classes. Learn to breathe, sit and stand as you were born to. In the restorative classes you become fully supported by bolsters and blankets to deeply relax your mind and passively stretch your body.

☸ **Level II-** Spend more time in poses that require strength and balance. Wonderful classes for learning stronger poses & attaining physical, mental & spiritual balance. With regular practice a student can gain strength, flexibility, and a balanced mind.

☸ **Level III-** An invigorating and artfully sequenced class to cleanse the body, focus the mind, and bring forth the soul. Practice deeper here with Sanskrit and chanting together! Align the physical, mental, emotional, and spiritual self. Room may be warmed! Bring water and towel.

☸ For details of individual classes refer to www.yogaroom.org on calendar page. We are looking forward to seeing you soon! Many bows! -om-

Prices:

- ☸ Yoga classes are \$9.00 per class when you sign up for two months. Classes are subject to change and may be canceled without notice. Updates will be posted on the website and FaceBook or you will be notified before class. No refunds for missed classes but you can make up during the *same* session. One class drop in is \$12.00.
- ☸ We provide mats, blankets, and zafus (sitting pillows) but please bring your own if you have them.
- ☸ Wear comfortable clothing to stretch and move in.
- ☸ Kindly **remove shoes** and **Silence phones** to honor the space.
- ☸ If you have a medical or limiting condition (chronic or acute), please inform the instructor prior to class. *The Yoga Room is a L.L.C. Please consult your primary care provider before beginning class.*

Meditation Group

Join Drew Brown and Dr. Simon Fink guide this relaxing meditation group. All levels welcome! We will learn about mindful breathing and living in the present moment. Rise above the mental chatter and decrease stress with the tools practiced in meditation. Come and experience deep relaxation and a connection with all things. Free will donation.

Schedule

Monday	Tuesday
	5:15-6:15p.m. Warm Vinyasa Yoga (Level III) (Emily)
4:00-5:00p.m. Advanced Asana Yoga (Level II) (Emily)	7:00-8:00p.m. Nia Dancing (Tricia) niahealthmoves.com
5:15-6:15p.m. Yoga for Relaxation/Beginners (Level I) (Emily)	
Wednesday	Thursday
	8:00-9:00a.m. Beginner Yoga (Level I) (Sierra)
	5:15-6:15 Beginner/Relaxation (Level I) (Vickey)
Friday	Saturday
10:15-11:15a.m. Yoga for Everyone (Level I, II, III) (Sierra)	9:00-10:00a.m. Nia Dancing (Tricia) niahealthmoves.com
4:30-5:30p.m. Yoga for Restorative (Level I) (Sierra)	
Sunday	
	 6:30-7:30p.m. Meditation Class (Simon and Drew)

Like our Facebook page for updates and refer to website for further details and changes

www.yogaroom.org

Also like us on **FaceBook**,
The Yoga Room L.L.C.
for updates and inspirations!