

YOGA FOR EVERY BODY

Offer early morning yoga for participants at your conference or event.

- Promotes relaxation, focus and creativity
- Boosts strength and confidence
- Provides energy, clarity and concentration
- Eases stress and enlivens the spirit
- Lets them know you care

CLASS THEMES

WAKE UP - MIND, BODY, SPIRIT
a morning practice geared for all levels

STRETCH AND STRENGTHEN
a morning practice geared for the physically active

RENEW AND RELAX restorative poses that infuse the nervous system with energy

PARTNER STRETCHES poses that promote cooperation and fun

BRINGING YOGA TO WORK emphasizes chair poses and techniques for prevention of workplace injuries



"... an amazing combination of fun and learning, a gift for the health professional!"

— Susan Stella, nurse

"I learned how to solve my back problems."

—

Barbara Goodson, actress

"I didn't think yoga was for me, but I felt tuned up and alert for the rest of the day."

— Steve Moos, educator and musician

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Ida E. Unger, M.Ed., Certified Iyengar Yoga Instructor brings over 20 years experience in teaching the art of yoga in colleges, retreats, conferences and studios. Her knowledge of the body and her ability to meet individual needs compliments her upbeat and friendly style, resulting in memorable and fun filled experiences for all. Iyengar yoga is a most respected style of yoga, emphasizing alignment, form and safety for every student in every pose.