



Yoga for Stress Relief

Spring 2020 | Instructor: Laurie Ferris
 Fridays 12:10-1pm | 251 Hearst Gym
 February 14, March 20, April 10, May 1

Yoga Passport Challenge

Spring 2020

Bring this passport to each session you attend and have a square stamped for each date.

See reverse for instructions.

expand your range

Releasing **tension** in your hip joints can help give you a greater range of movement, soothe your lower back, and grant you increased **comfort** in all your movements. Easing your hips can be rewarding emotionally, too. Intense experiences are often stored in the body as tension, and releasing those tensions can **liberate** and lighten your mind in surprising ways.

release

May 1	April 10
March 20	February 14

Spring 2020 Yoga Passport Challenge

Attend these classes, get a stamp for each date to and receive entries in the drawing!

Dept: _____

Email: _____

Name: _____

Take a clear snapshot or scan your stamped Yoga Passport Challenge and email it to corievans@berkeley.edu by Friday, May 8th. Winners will be notified by email.

How to enter drawing:

Instructions:

1 entry for attending each of the scheduled classes. Fill out the evaluations after each class for more chances to win!

the gentle power of yoga

Yoga is a living tradition, an ancient Indian physical and mental system for self-exploration and growth that is as effective today as it has been for centuries. In Sanskrit, the classical language of India, the word *yoga* means “union,” from the root *yuj*, “to yoke or join together.” Practicing yoga harmonizes or “joins together” mind, body, and spirit.

Studies show that yoga practice can help increase cardiovascular and respiratory efficiency, aid in normalizing endocrine and gastrointestinal function, and improve posture, strength, endurance, and immunity. They also show that yoga offers benefits for mental health, such as improvements in mood, concentration, and memory. When your body and mind function with clarity and efficiency, your natural wellbeing can shine through.

Strengthen Your Immune System with Yoga

Did you know you can improve your body immunity by practicing yoga. A recent study found that yoga can change gene expression that boosts immunity at a cellular level.

www.nywellnessguide.com



**“Gratitude unlocks
the fullness of life.
It turns what we have into
enough, and more.
It turns denial into acceptance,
chaos to order,
confusion to clarity.
It can turn a meal into a feast,
a house into a home,
a stranger into a friend.
Gratitude makes sense of our
past, brings peace for today,
and creates a vision
for tomorrow.”**

– MELODY BEATTIE

Metta Prayer

May all beings be free.
May all beings be peaceful.
May all beings be happy.
May all beings be safe.
May all beings awaken to the
light of their true nature.
May all beings be free.