

Emily Waddell Fite R.N., RYT

In 2000, Emily began her Hatha yoga teacher training at Shoshoni Retreat Center in Colorado and in fall of this year completed her 500 hour certification! Her training was intensive physically, mentally and spiritually. Emily is a registered nurse in obstetrics. Her classes focus on compassion and mindfulness in the spirit, mind, and body while bringing awareness and balance into our entire being. Emily has 2 home practice DVD's: Hatha and Prenatal.
ewcrechr@hotmail.com

Kathy Schlesinger

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.

Lorie Rosebrook, RYT

Lorie has a BS in Health, Leisure, and Sports Studies and has been as ACE certified personal trainer and group exercise instructor since 1997. Lorie has received her RYT certificate through YogaFit. She has helped hospitals and corporations develop successful yoga programs for their employees. Her classes are a balance of breath, movement and relaxation. Her hope is that with regular yoga practice all participants find inner and outer strength.
larosebrook@gmail.com

The Yoga Room

"Celebrate life in an atmosphere that cultivates health, wellbeing and compassion for all."
Spring | Summer 2011



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."

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."

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 pure 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, 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 movements, breathing, and mindfulness. When our minds and bodies begin to slow down and we connect with our true selves spiritual awakening comes. 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.

☸ **Relaxation/Beginner**- Welcome beginner and continuing students for relaxation. Instruction on breathing properly and good body alignment.

☸ **Advanced Asana**- Spend more time in poses that require strength and balance. A wonderful class for learning stronger poses & attaining physical, mental & spiritual balance.

☸ **Vinyasa**- An invigorating blend of Hatha and Ashtanga to cleanse the body, focus the mind, and bring forth the soul. A challenging practice in a slightly warmed room!

☸ **Flowing Yoga for All Levels**- Learn breathing techniques in this active asana (pose) practice, concludes in deep relaxation. With regular practice a student can gain strength, flexibility and a more balanced mind.

Meditation Group

Dr. Russell Phillips guides this relaxing meditation group. All levels welcome to join this group! We will learn about mindful breathing and living in the present moment.

Rise above your mental chatter and decrease stress with the tools practiced in meditation. Come and experience deep relaxation and a connection with all things. This group meets once a month on the *second Wednesday of every month at 6:30 p.m.*

No charge, free will donation.

Prices:

Classes are \$10.00 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 or you will be notified before class. No refunds for missed classes but you can make up during the *same* session. One class only: \$15.00.

☸ 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.

"The breath and the Word are in intimate relationship. They form the platform from which all things begin, and they shape the form and direction of one's life. If we can consciously harness the pattern-forming abilities of the breath and sound, we can creatively direct our lives and potentials."

-from www.welltemperedback.com

Schedule

Monday	Tuesday
4:00-5:00 Advanced Asana Yoga (Emily)	
5:15-6:15 Yoga for Relaxation/Beginners (Emily)	5:15-6:15 Vinyasa Yoga (Emily)
Wednesday	Thursday
6:30-7:30p.m. Meditation Group (Every second Weds of month) (Russ)	
Friday	Saturday
10:15-11:15a.m. Yoga All Levels (Lorie)	
Sunday	
6:30-7:30p.m. Buddhist Meditation Group (weekly) (Chris and Russ)	

Check Calendar page on Website for Updates/Cancellations

<http://www.yogaroom.org/calendar.html>