

## Yoga Class Descriptions

Classes are 1.5 hours per session. All classes are small enough to ensure that individual students receive personal attention.

### **Gentle Yoga**

Slow, gentle Yoga movements. Discover methods for modifying and adapting the practice of Yoga to your specific needs. Combines a wide range of mind/body practices, from postural and breathing exercises to deep relaxation, and *Self-Awakening Yoga®*. Suitable for all ages and all fitness levels

### **Self-Awakening Yoga®**

Deeply restorative and regenerative yoga movement inquiries. The principles of *Self-Awakening Yoga®* can help you learn how to use your yoga practice, regardless of its form, to observe & interact with the wisdom present in your body. For beginners as well as experienced practitioners.

### **Vinyasa Flow Yoga**

A flowing sequence of yoga postures using breathing to keep your mind engaged in the present moment – a moving meditation. Shift your focus from your muscles and effort to relaxed movement, breath and momentum. For experienced practitioners.

### **Personal Yoga Instruction**

Experience yoga instruction one-on-one to refine or deepen your practice. Discover the benefits of yoga individualized for your specific concerns. 60 minute session - \$75.

## Classes Offered

### **Gentle Yoga for Fifties-plus**

Wednesdays

### **Gentle Yoga**

Mondays

(see The Center calendar for more info.)



**Note:** Experienced practitioners are welcome to "drop in" on the Level II class. Students who have completed a block of classes can drop in to any class.  
Fee: \$15. per class drop-in.

Students registered in a block of classes, are welcome to attend extra classes during the same session.  
Fee: \$10. per class.



*Gentle Yoga* home practice CD available at  
The Center Gift Shop

**gentle yoga**  
**guided by Georgia Stormes**

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### **THE CENTER**

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Auburn, NY  
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[www.TheCenter4Wellness.com](http://www.TheCenter4Wellness.com)

# gentle yoga



**Georgia Stormes RYT 500**



Explore slow gentle yoga movements that encourage body awareness



Develop your natural strength, flexibility, relaxation in a safe environment



Enjoy better body alignment, improved posture and ease of movement



Focus on the present and reduce stress



## about georgia ...

After many years of traditional Yoga practice Georgia observed fellow classmates stop taking classes because of problem backs, shoulders and limb joints. This led her to seek a methodology of Yoga that was renewing for all body types, fitness levels, personalities and ages. The end result was intensive teacher training and graduation from the *Nosara Yoga Institute* in Costa Rica with Don Stapleton, who trademarked *Self-Awakening Yoga®* during his 19 years of teaching at prestigious Yoga centers.

To expand her class offerings and provide more individual assistance, Georgia recently completed the 500 hour certification, *Professional Level Yoga Teacher Training*, through the ongoing study of Yoga at *Nosara Yoga Institute* and *Kripalu Center for Yoga & Health*.

Her Interdisciplinary Yoga Teacher Training includes various techniques for teaching and facilitating yoga postures, conditioning movements, pranayama, relaxation, meditation and Yoga philosophy.

Georgia integrates *Vinyasa Flow Yoga* into her classes, which fosters a balanced and flowing sequence of poses synchronized with the breath, stimulating natural movement of the body and an expanded self-awareness that is essential for healing and progressing in Yoga practice.

Her background as an RN and level II Reiki certification add to her understanding of the body on many levels and ensures a safe space for participants to learn and develop their yoga practice.

## Benefits of gentle Yoga

stress relief



improved posture



ease of movement



increased strength



better body alignment



improved flexibility



improved coordination



sharper focus

*Georgia holds a RYT 500 designation through  
**Yoga Alliance**,  
& is a professional member of IAYT  
(International Association of Yoga Therapists)*

*"I used to seek "the edge" whenever I did yoga; always wanting to go deeper. It was great until I discovered how the very twisty, deep yoga I was doing exacerbated my herniated disc, my bursitis, and all the other things that were creeping in as 50 approached. I was out of yoga altogether until I found that Georgia could lead me through a series of movements that were civilized and incremental. I now know I can achieve all the benefits of yoga-straighter posture, core strength, ease of movement, better sleep, and ability to slow down my mind-without risking injury. What a gift!"*

L H, Yoga Student

*"As a person with mobility restrictions, there is a fear sometimes in trying something new. Right from the start Georgia worked with me on exploring what felt right to me with each pose. She creates an environment for open exploration and expression – and don't forget laughter!"*

R L, Yoga Student

*"Georgia is a very devoted and knowledgeable teacher. She starts with your current ability and scaffolds upon that as you develop. The positive impact it has made on my life includes increased body awareness, relaxation, centeredness, flexibility, balance and strength."*

Y L, Yoga Student

*"It was great getting back into yoga again after all these months. I felt like a new person after class. All the stiffness in my shoulder and even my jaws was gone. I felt very relaxed much of today. Thank you for all your help. I know most of the class has benefited from your teaching."*

RO, Yoga Student