



YogaMCC
Yoga & Meditation Centre Calgary

YOGA WITH WEIGHTS

Thursdays 6-7:20pm
September 27-December 13, 2012

“What *is* yoga with weights, anyway?”

Yoga with Weights is the latest breakthrough in mind-body exercise, integrating the mindfulness of yoga with the physical culture of bodybuilding. Yoga has the power to transform people’s lives and empower individuals in ways that working out alone simply cannot. Combining the two is empowering. Building on the strengths of both disciplines, this user-friendly system combines breath-based yoga postures held in accurate alignment, while simultaneously working out with light weights.

The weights stabilize your body and encourage you to feel the action of the yoga practice itself. The exercises combine and synchronize the balance of hard and soft, strength and grace, stability and flexibility so that your entire body is engaged in a challenging and exciting new way. You'll want to experiment carefully with the different weights and choose the size that gives you the best workout.

Yoga with weights helps:

- in building core stability
- build bone density
- develop balance
- stimulate muscle toning, strength and coordination
- develop flexibility
- keep muscles and joints limber and active
- help you relax, breath well, and renew your energy
- helps you feeling your best!

