

"Yoga teaches us to cure what need not be endured and endure what cannot be cured."

~ B.K.S. Iyengar

The Symptoms...

Mentally: Today many people lack having "peace of mind." They are "stressed out" from the business and pressure of everyday life. Do you ever feel this way?

Physically: Millions of people complain daily of a lack of energy and strength, feeling overweight and have an "achy" body. Do you have these symptoms?

Spiritually: So many people feel a "disconnect" from the universal "GOOD" of the world and aren't sure how to reconnect. A body and mind that are disconnected from the spirit is like having a two-legged tripod - it will topple over in a hurry!

Do you fit into either of the above categories? Yoga may be the answer to your problems! Others have had these same problems as described above and have started taking Yoga only to find out that they are becoming new, stronger individuals who have a fresh outlook on life.

"Yoga is the perfect opportunity to be curious about who you are."

~ Jason Crandell



CLASSES

Wednesday Mornings

5:30am – 6:30am

Thursday Evenings

7:45 – 8:45pm

Instructors –

For more information about our Instructors, please visit our website
www.ChosunAcademy.com

What should I bring to class?

Students should bring their own Yoga mat for each class. Wear comfortable clothing that will not inhibit movement. In addition bring some water as well.

"The most important pieces of equipment you need for Yoga re your body and your mind."

~Rodney Yee



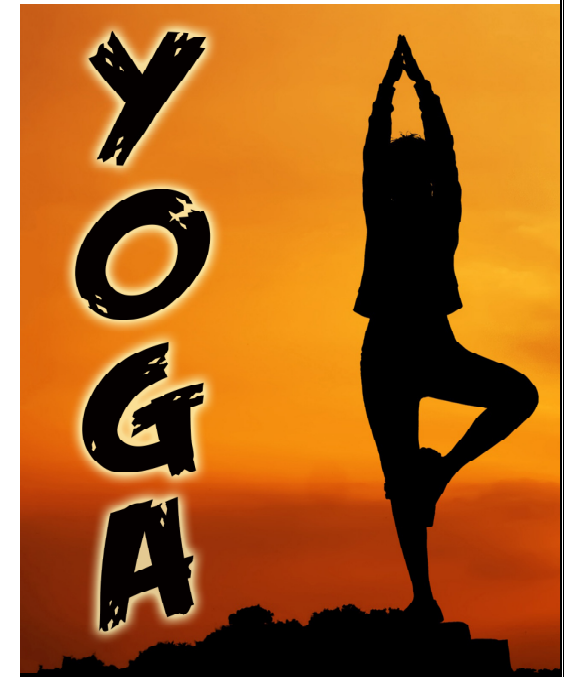
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CLASSES ARE FORMING!

"Yoga takes you into the present moment, the only place where life exists."

YOGA



the gym schedule and keeps the body from burning out.

What is Yoga? Yoga is an ancient tradition and science dedicated to helping individuals lead happier, healthier lives. The word "Yoga" comes from the Sanskrit word (the language of ancient India where Yoga was developed) "yuj", meaning "to unite/yoke or integrate". Yoga is about the union of a person's body, mind and spirit, while at the same time, the integration of our own personal consciousness with universal consciousness.

What are the benefits of doing Yoga?

The practice of Yoga includes a very holistic approach to health. It includes practices which focus on the well-being of the body, mind and spirit. Initially the benefits are very subtle but over time, when it becomes more of a way of life, the benefits become very obvious. Some of the benefits experienced are increased flexibility, more strength and muscles tone, better alignment and decompression of the spine, easement of back and joint pain, improved breathing, mental calmness, stress reduction, body awareness and overall mental and spiritual health growth.

Who can learn Yoga? Everyone can learn yoga. Our classes are both for the experienced as well as beginners.

Should I be in good shape before taking classes?

No, Yoga is a great way for an individual to start leading a healthier life-style. Provided there are no serious health concerns from a physician that would prevent one from some light physical activity, Yoga would be a great "First Step" back into good health.

Do you need to go to the gym if you're doing a Yoga workout? Participating in a yoga session after going to the gym can help release the stresses that build up after the exercises. The muscles get toned and do not get excessively fatigued. It complements



Is Yoga just stretching? Although yoga involves stretching your muscles, it is still very different than doing a few stretches to warm up, as you might do before doing a workout. Here are a few ways that Yoga is different:

- Yoga places emphasis on **alignment**. This means that how you are touching your toes is more important than whether you can actually touch them or not.
- Attention to the **breath** and tuning in to the subtle sensations of the body introduce a **mindfulness** to even simple Yoga poses that is missing from stretching.
- Most yoga poses are not stretching an isolated area, but rather involve the **whole body** in both stretching and strengthening.
- Many of today's most popular yoga styles are vinyasa/flow. This means there is **movement from pose to pose** with an awareness of the breath, making this style of yoga very fluid.
- **Asana**, or the physical practice of postures, is only one aspect of a yoga practice, albeit the most well-known one these days. Even if you only engage in yoga through asana practice (an excellent place to start), be aware of the eight limbs of Yoga.

Is Yoga a religion? Although practicing yoga may be a spiritual experience for many people, it is NOT a religion. For those that use it as part of their spiritual journey in life, they use Yoga on their quest to try to understand themselves and their place in this world.

What style of Yoga is this? The class will be a combination of Hatha Yoga and Ashtanga (Vinyasa), either holding one pose at a time (Hatha) or stringing several poses together (Vinyasa).

Should I do Yoga if I'm pregnant?



Be sure to let the instructor know ahead of time as certain poses should not be done (i.e., lying on one's back for too long, lying one side versus the other, etc.)

Will this be okay to do if I have back or joint problems? Yes. Yoga is a great way to increase your strength, flexibility and overall feeling of well being without placing too much stress on your joints.

Will Yoga help with weight loss? Yes. Yoga is great at improving your over-all health and sense of well-being. It can even help you lose weight, though this benefit has been shown to derive primarily from yoga's role in promoting a healthier lifestyle rather than from calories burned. Yoga is can also build muscle definition, making you look more toned. Use yoga as part of your overall weight-loss plan but yoga class. Yoga combined with other forms of cardio exercise (i.e., walking, running, biking, martial arts) is a great choice.

Is Yoga for women only? Absolutely not! Both men and women will benefit from regular Yoga practice. Until very recently, in fact, yoga was practiced exclusively by men. But many men are concerned that they will not be welcome in a yoga class or that they are not flexible enough to try yoga. This is a basic misconception: yoga will improve your flexibility, but you do not need to be flexible to do it. Since yoga has been practiced by men for so long, many of the poses actually make more sense for a man's body and some require a lot of upper body strength, which women often lack at first.

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