

Monthly Report

The latest news and updates from Rejuvenate With Yoga



IN THIS ISSUE

**NEW STUDIO OPENED
MAY 3RD, 2019! 834
HUNTINGTON AVE.,
WISCONSIN RAPIDS, WI**

**UPDATED CLASS
SCHEDULE**

**ADVICE FOR
BEGINNERS**

**TADASANA
(MOUNTAIN)**

Rejuvenate With Yoga is finally here!

It is a dream come true! All of my classes will be held in one place. The yoga space is at 834 Huntington Avenue, in Wisconsin Rapids. Right next to Rustic Redefined, just off of 8th Street. Think of my mixed classes like a one room schoolhouse, where people who are new to yoga, learn along with those who have been with me awhile. Some of it may be over your head for a while, but it will sink in and you will really learn Yoga. My gentle classes will allow you to explore yoga at a slower pace.

Mon		Tue		Wed		Thu		Fri	
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9-10:15 Mixed Level Hatha		9-10:15 Mixed Level Hatha		9-10:15 Mixed Level Hatha		9-10:15 Mixed Level Hatha		9-10:15 Mixed Level Hatha	
10:30-11:45 Gentle Yoga		10:30-11:30 Kids Yoga		10:30-11:45 Gentle Yoga		10:30-11:45 Gentle Yoga		10:30-11:45 Gentle Yoga	
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5:30-6:45 Mixed Level Hatha		4-5 Tween/ Teen Yoga				4-5 Kids Yoga			
		5:15-6:30 Mixed Level Hatha		Lisa Brazeau 715-213-0456 RejuvenateWithYoga.com				REJUVENATE WITH YOGA	

A Beginner's Guide to Yoga

Yoga will help you find balance in your life, physically and mentally. Here are a few tips for you to begin.

- *Wear comfortable clothing so you & I can see your knees.
- *Be patient and kind to yourself
- *Ask questions
- *Listen to your body
- *Poses should be comfortable, stable and enjoyable (CSE) :)



Tadasana - Mountain Pose

Legs below your hip joints. Grounding through the four corners of your feet, lengthening back through your heels. Shins forward, thighs back. Internally rotate femurs (stretch mat between your heels), breathe into the back body to release the sacrum/coccyx, and then externally rotate the thigh muscles to lock that into place - Inner heads of the femurs toward each other, and press into your outer hips. Uddiyana, lifting the pit of your belly to T6 (vomiting sensation). Sternum lifts, as you lengthen through the crown of your head. Your arms are along the side of your body, with your palms are taught.