

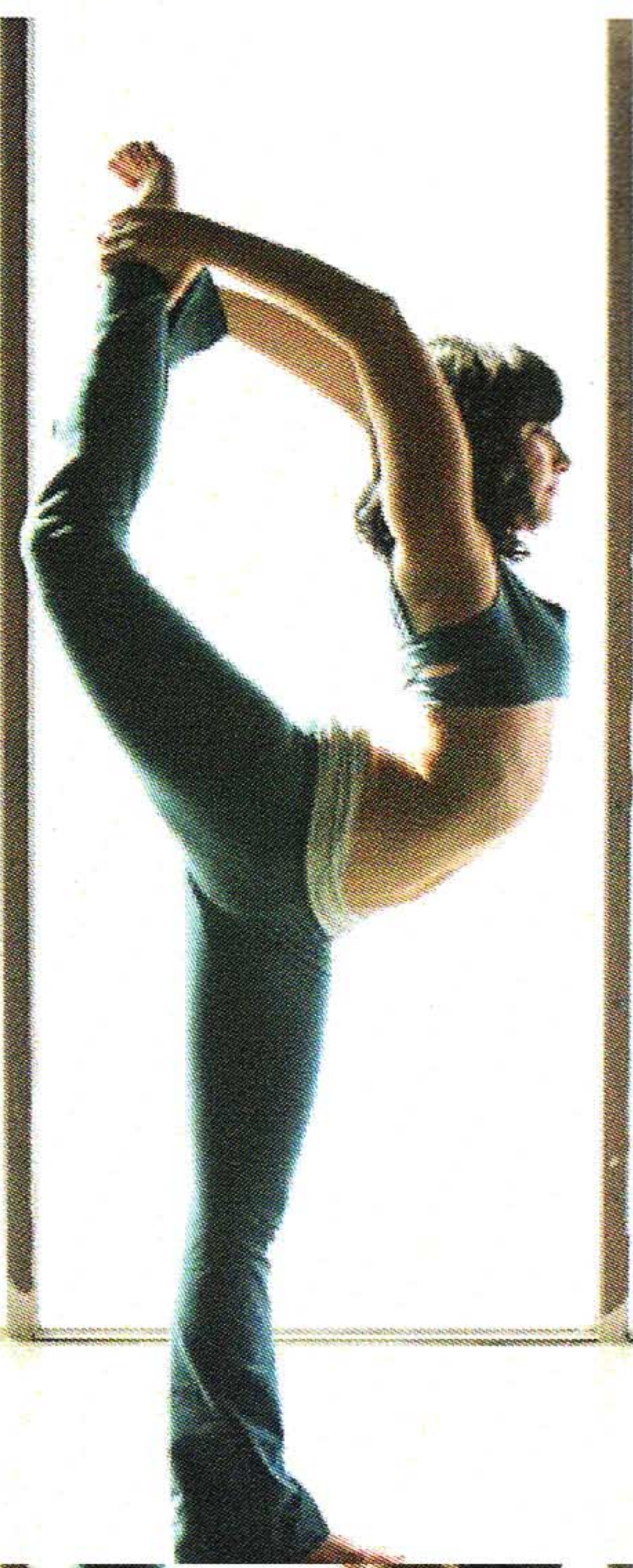
Why Yoga...? Because It Works!

You can say that core stability, or strength, is the balanced development of the deep and superficial muscles that stabilize, align, and move the trunk of the body, in particular, the abdominals and muscles of the back. A strong healthy core is the key to all types of activity as well as a healthful life. The good news is that every part of yoga strengthens and works the core.

Standing, sitting, reclining, inverting, twisting or stretching... yoga is your answer! From Classical Yoga in the Iyengar tradition, to Yoga Blends, Vinyasa Flow, or Chair Yoga, as well as Gentle & Therapeutics for those with injuries or exceptional needs like arthritis and hip replacements, yoga has a method for you.

Professional athletes and their trainers have discovered what dancers have known for years: Yoga is the ultimate full body workout. The results from a yoga practice improve your physical and emotional health in a deeply rooted and long lasting manner. Yoga strengthens from within: starting near the bones with the ligaments and other connective tissues then building muscle tone, strength and control from the bottom up.

Yoga is a safe, life affirming way to build strength, endurance and health. Yoga does not require extreme exertion or hyperactive effort, nor does it require flexibility. It only asks measured effort at regular intervals. Not only will yoga improve your health, strength and endurance it will help trim your waistline too!



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