



~Beginners Yoga~



Micaela Solomon: Mondays – 6:30 to 7:45 pm | Saturdays – 12:30 to 1:45 pm

I have been a student of yoga for more than eight years during which time I have explored the ancient science of asana, pranayama (breathing techniques) and meditation as well as some of the Peruvian Shamanism (use of Medicinal plants from the Amazon). I completed Moksha's teacher training with director Daren Friesen in 2007 and the Green Yoga Teacher Training in Santa Cruz, Ca. in addition to two years of apprenticeship with Gabriel Halpern. I teach a well rounded Hatha Yoga class with focus on Vinyasa flow influenced by the Ashtanga style and alignment influenced by the Iyengar style.



Megan Dunne: Tuesdays 4:15 to 5:30 pm

I've been practicing yoga for eleven years and have had the honor of studying with a variety of master teachers in disciplines ranging from Ashtanga to Iyengar yoga. In my class, we focus on our breath, which is our center. We explore through detailed attention to alignment, and moving to the rhythm of our breath, our own unique truth. There is no right or wrong—there is only the process and the practice—and the willingness and desire to explore and grow.



Kelly: Wednesday Evening – 6:30 to 7:45 pm

Poses. Philosophy. Fun! ... I'm not sure as to whether I found hatha yoga or it found me (probably a little of both), nevertheless it has been a wonderful relationship. I do know that I was at one time seeking a different type of physical endeavor, something different than what I had experienced in the past, something that would change my relationship to myself as a whole and to the world for the better. At my class you can expect to be supported in your endeavor, to be offered the poses at varying depths that are best for your body in the moment, and please feel free to ask questions!



Rebecca Flannagan: Thursday 4:15 to 5:30 pm | Friday 9:30 to 11:45 am | Sunday 8:30 to 9:45 am

From the moment I experienced the tranquility of my first yoga class I knew I wanted to incorporate this into my life and help others find peace and a similar balance. The idea of combining the mind, the body and the spirit led me to become a certified yoga instructor through the Temple of Kriya Yoga. I hope to share my love for the asanas and meditation by guiding others to find their "inner teacher" and experience the energy of life that yoga brings. Self-realization, I think, comes when we let go of what we cannot control and slide into that deep pool of self-awareness and connectedness to what is at any moment in time.

generations yoga center.

1231 Green Bay Road, Wilmette, Illinois 60091

847-919-0533 | www.genyoga.com