



Gentle Yoga At Generations Yoga



Laura Lash : Mondays & Fridays – 11:30 to 12:45 pm

Though I have explored and practiced in many traditions, I continue to return to the Gentle and Beginner styles. It is there that I find the mental and physical peace that I continue to seek. I always bring a gentle attention to the breath and the need for mental clearing in an asana practice. I have a keen understanding for the exploration of the gentle practice and compassion for every body.



Polly Lontis : Tuesdays & Thursdays – 11:15 to 12:30 pm

Yoga made its presence known to me in the foothills of Boulder, Colorado just after the birth of my first child. The practice of yoga provided an oasis in which to explore the deepest aspects of my being. Yoga is many things to many people, but for me yoga is a state of being in which we come to know our infinite creative potential and the beauty within. I am on the staff of the Integrative Medicine Program of North Shore University Health System since its inception in 2000 practicing Shiatsu and I pioneered their Therapeutic Yoga Program and Meditation Classes.



David Wallin: Wednesdays – 11:30 to 12:45 pm

My classes combine soft Yin yoga, which targets the connective tissues as well as more active poses that stretch and strengthen the muscles. I also emphasize the breath and encourage opening the heart and quieting the mind while practicing. I'm also always learning new things from my students as well. Everyone approaches yoga with a unique set of physical and emotional needs. With that in mind, I guide my students as they work to strengthen and open themselves within their own capacity. Over time they create their own practice, exploring and focusing on the asanas (yoga poses) and the processes that work best for them.



Margo Anderson: Tuesday Evening – 6:30 to 7:45 pm

Five years ago, I fell in love with yoga! My intention as a teacher is to provide a safe container in order to connect the sensations in the body with breath and present moment awareness. This exciting new LifeForce gentle yoga class is designed to manage moods (anxious or depressed), chronic pain, issues related to loss and grief by uniting body, mind, and breath. I received my yoga teacher certification and have been certified to teach LifeForce Yoga developed by Amy Weintraub for anxiety, depression, grief and trauma. Yoga is a wonderful addition as a therapeutic intervention for stress, chronic pain and to "beat the blues"!


generations yoga center

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