



Gentle Yoga



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| <u>Monday</u> 11:30AM-12:45PM with Laura | <u>Tuesday</u> 11:30AM-12:45PM with Klaudia | <u>Tuesday</u> 6:00-7:15PM with Laura | <u>Wednesday</u> 11:30AM-12:45PM with David |
| <u>Thursday</u> 11:30AM-12:45PM with Klaudia | <u>Thursday</u> 6:00-7:15PM with Margo | <u>Friday</u> 11:30AM-12:45PM with Laura | <u>Saturday</u> 8:30AM-9:45AM with David |



Laura Lash : Mondays, Tuesdays & Fridays

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.



Klaudia Radics : Tuesdays & Thursdays

My classes focus on proper alignment, developing strength, breathing techniques and improving flexibility. I received my training in Himalayan tradition and am influenced by the Iyengar style. I received my 200 hr level Hatha Yoga Teacher Certification by the Himalayan Yoga and Meditation Center ,and my Prenatal Certification by the Global Yoga and Wellness Center.



David Wallin: Wednesdays & Saturdays

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: Thursdays

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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