

# YOGA

**TUESDAY EVENINGS**  
7pm—8:15pm

**SOJI ZEN CENTER**  
2325 WEST MARSHALL ROAD  
LANSDOWNE, PA 19050

**FIRST CLASS FREE**  
**6 CLASSES \$75**  
**6 CLASSES/MEMBERS \$65**  
**ONE CLASS OR WALK-IN \$15**

## WHAT ARE THE BENEFITS OF YOGA?

Most people have heard that yoga is good for you. Maybe you have even tried yoga and discovered that it makes you feel better. But what are the specific health benefits you can expect to enjoy from doing yoga regularly?

At the physical level, yoga and its cleansing practices have proven to be extremely effective for various disorders.

### **Increases Flexibility and Increases Lubrication of Joints, Ligaments and Tendons**

Yoga has positions that act upon the various joints of the body. Seemingly unrelated "non strenuous" yoga positions act upon certain parts of the body in

an interrelated manner. When done together, they work in harmony to create a situation where flexibility is attained relatively easily.

### **Massages ALL Organs of the Body**

– Yoga is perhaps the only form of activity which massages all the internal glands and organs of the body. This stimulation and massage of the organs in turn benefits us by keeping away disease and providing a forewarning at the first possible instance of a likely onset of disease or disorder.

### **Complete Detoxification**

– Yoga ensures the optimum blood supply to various parts of the body by helping to

flush out toxins. This leads to benefits such as delayed aging, energy and a remarkable zest for life.

### **Tones Muscles**

Muscles that have become flaccid, weak or slothy are stimulated repeatedly to shed excess flab and flaccidity.

### **Meditation as Part of Your Yoga Practice**

Some people come to yoga through an interest in meditation, but for many people it's the other way around. If your yoga practice is leading you to explore meditation, those resources are here at Soji Zen Center.

## **Did You Know..... Yoga is used for?**

- Weight Loss
- Stress Reduction
- Back Pain
- Sports Injuries
- Insomnia
- Diabetes
- Heart Disease
- Carpel Tunnel Syndrome

## **IT'S YOGA TIME**



**Tina Pritchard**  
**Instructor**

Registered with Yoga Alliance

## **HOW TO START DOING YOGA?**

- Deciding that you want to start doing yoga is the **first step**. It's easy to get stuck here...Don't be intimidated!
- Here is the information you will need to take that next step and start enjoying the pleasures and benefits of yoga.

## **To Register**

**Visit us:**

**[www.sojizencenter.com](http://www.sojizencenter.com)**

**Email:**

**[registrar@sojizencenter.com](mailto:registrar@sojizencenter.com)**

**Or**

**Call: Shoki at 215.242.1750**