

WHOLE WARRIOR YOGA



INTERESTED IN TRYING YOGA
BUT NERVOUS BECAUSE
YOU CAN'T TOUCH YOUR TOES?

Or maybe you've seen those pictures of yogis in crazy poses and you aren't interested in doing anything that turns you into a pretzel. Still, you've read all the medical research and scientific proof that yoga does a body and mind good. No worries! Fallen 15 strongly

believes that mobility and flexibility are key to our success and overall health and wellness, so finding the right kind of yoga for our athletes is key.

On Saturday, Jan. 31, we'll have a demo of the Whole Warrior Yoga program at 2 p.m. This style of yoga was designed by veterans, for veterans. Our instructor, Kimberly Kayler, is a graduate of the YogaFit Warrior program and most exercises will be yin in nature. While most exercises build muscle (yang), the yin style encourages the relaxation of the muscles. In deep poses that are held for long periods (3-5 minutes), the muscles are able to elongate and connective tissue is repaired. But, no worries -- most of these poses are done while seated or laying down. The yin practice helps energize the parasympathetic nervous system that is so often ignored when we stimulate our sympathetic nervous system in other exercises. Bolsters, blankets, blocks and other props are encouraged so everyone can find the pose that is right for their body, on that day.

We hope you'll join us for this free class. We promise no crazy poses or feet behind your head! Come ready to stretch and relax those tight muscles as well as heal those nagging spots in your neck, shoulders, back and hips!

Thanks to Harbor Yoga for donating the space and Kimberly Kayler of Find Your Edge Yoga for donating her time to lead our practice.

FALLEN
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WHOLE WARRIOR YOGA PROGRAM

WHEN: Saturday, Jan. 31 from 2-3 p.m.

WHERE: Harbor Yoga Studio,
4325 W Dublin Granville Road,
Dublin, OH 43017

COST: Free, but please bring
a mat if you have one.



 Follow Find Your Edge Yoga on Facebook for tips!

