

YOGA at Cypresswood
By: Gloria Garrett

Slow mindful Yoga is as important to your health as cardiovascular exercise

The cause: overexertion, overstimulation, overachieving, over-stressing
The result: continual flight or fight response = aches, pains, migraines, high blood pressure, heart palpitations, accidents = digestion, immunity, circulation disorders = chronic health conditions = continual reliance on potentially addictive substances
The antidote: Yoga at Cypresswood
The result: relaxation response ahhhhhhhhhhhhhhhh

Join us Wednesday Nights for the ahhhhhhhhhhhhhhhh
Drop In: \$8 per class or \$24 for one Month (4 consecutive classes)
4:30 – 5:30 p.m. Yoga from the Chair
6:00 – 7:00 p.m. Yoga from the Mat
February 6, 13, 20, 27, 2019 · March 6, 13, 20, 27, 2019

For more information contact Gloria 970-531-3372 gloria.alpenglow@gmail.com
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