

Yoga & Friends, inc.
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Written by: Christina Ptak-Pawlaczyk proprietor and yoga instructor, certified by the temple of Kriya Yoga and the In-Tuit Yoga System

The style of Hatha Yoga taught at Yoga & friends, inc. has been influenced through the years by Anusara, Iyengar, Kriya, and Integral Vinyasa yoga. The intention of the instructors here is to assist the students into alignment, balancing body, mind, and breath. Hatha (ha = "sun" + tha = "moon") Yoga (union) Derived from Sanskrit, one of the worlds most ancient languages.

One of our newest and most popular classes is Kundalini Yoga with Janice. She completed her training last year with Gurmukh (A very prominent and amazing teacher in California). We describe this type of Yoga as a physical, mental and spiritual form of yoga that will bring about the unlimited creative potential in every human being. Now who wouldn't want that! Isn't Yoga great!

We have added a Strength & Tone class (helps build bone density), All Abs class focusing on all abdominal areas, and a Zumba class!

Yoga & friends offers classes for many levels such as gentle (chair), beginner, intermediate, mixed, Yoga with a Kick (cardio), meditation, and also private classes. Our classes are on-going where new students are welcome to start at anytime as drop-ins, monthly, tri-monthly, or punch card members. We offer a progressive teaching method, in a non-competitive atmosphere.

The Practice of Yoga bestows upon the practitioner: A firm body, steady mind, and a compassionate spirit. Throughout the last 15 years of teaching and practicing Yoga I have enjoyed many of these benefits and more...

Strength, Endurance, Flexibility, Posture, Energy, Health, Concentration, Confidence, Peace, Harmony, Emotional stability and also Emotional release.

Over the past year with the loss of my very dear baby sister Jenny, I have been suffering as we all do when someone close to us passes. Many days and nights have been filled with tears and sadness. Questions of How and Why are left unanswered. I can honestly say that I know what it feels like to have my heart broken, there are no other words to describe that feeling. My husband and my children offer much love to which I' am truly blessed to have. My time on my Yoga mat has become very dear to me, It is the time to focus on my breath, while moving into many different postures I can feel that breath flowing through my body, quieting my mind, and allowing my heart to rest. Yet another benefit yoga gives to its practitioner.

I would like to offer a heartfelt Thank You to all of the wonderful Yogi's that come to our studio and share your energy with us.

Many blessings to you all.