

Integrated Yoga— API of Peoria

with Julie Carnegie Reams

Please join us each Tuesday evening at 7:00 p.m. at the Universalist Unitarian Church for over an hour of yoga positions that flow from the heart.

Join us for:

- Increasing flexibility
- Increasing lubrication of the joints, ligaments and tendons
- Massaging of all organs of the body
- Complete detoxification
- Excellent toning of the muscles

But these enormous physical benefits are just a “side effect” of this powerful practice. What yoga does is harmonize the mind with the body, and this results in real quantum benefits.

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Maintaining balance as part of peaceful parenting

INTEGRATING BODY, BREATH, AND SPIRIT



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Class Information

Time: Tuesday 7:00-8:15 p.m.

Location: Universalist Unitarian Church, Peoria, IL

Cost: \$5 for API of Peoria members, \$8 for non-members

Wear comfortable clothing and bring a yoga mat, if you have one.

About the instructor

Julie Carnegie Reams has been a seriously playful student of yoga for over nine years. A longtime student of Anusara Yoga, Julie was a senior instructor at YogaWay studio teaching beginning, level I, pregnancy and gentle yoga. Integrating the principals of alignment with breath and relaxation, Julie offers a class that exhilarates, inspires and soothes the body as well as the soul.

What is Yoga?

Yoga is an ancient Indian tradition dedicated to developing the body and mind. The word "yoga" means "yoke" or "union" and reflects this tradition's emphasis on uniting and harmonizing the body, the breath,

and the mind. The practice of Yoga helps the practitioner to develop optimal health, strength, and flexibility so as to free the mind. When our bodies are vibrant and open—free from aches and pains and illness—we have greater mental clarity and emotional freedom.

What benefits can I expect?

Within a very short time of beginning a yoga practice, you can expect to notice improvements in your flexibility, strength, and stamina. You may also find that various aches and pains you have routinely experienced (such as an achy back or pain in your wrists) begin to diminish. Many people also notice increased feelings of calm and well being and a better ability to concentrate. Because yoga affects all the glands and organs of the body (including the brain) as well as the joints and muscles, its effects have the potential to be profoundly beneficial.

Who can do yoga?

Virtually anyone can do and benefit from yoga, though different kinds of yoga are appropriate for different people. Those who are already fit and energetic will find in yoga a way to develop their physical potential further than

ever before. However, people of any age can do yoga and people with even serious adverse physical conditions (such as MS, arthritis, fibromyalgia, and cancer) can benefit from yoga that is appropriately tailored for their needs. You do not have to be flexible in order to practice yoga. Each body has its own strengths and its own challenges. Yoga helps us to develop the former and work wisely with the latter.

Is yoga a religion?

No. Yoga developed out of and alongside Hinduism in ancient India and also has influenced and been influenced by Buddhism and Jainism. But yoga is not itself a religion: it does not entail belief in any doctrines or deities. Yoga encourages each person to explore his or her own experience to discover what is true and what works.

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