

No Experience Required

Gentle Yoga

for all levels!



with Ben Kellman, Registered Yoga Teacher



Some benefits of Gentle Yoga:

- ☑ Increases flexibility & strength
- ☑ Improves balance
- ☑ Calms & focuses the mind
- ☑ Decreases stress & anxiety

This course is designed for all body types, genders, ages and abilities. Calming and mind-focusing meditative breath techniques will be taught along with deep stretching to slowly increase the length of the muscles and increase suppleness in the joints. Basic yoga poses will be practiced not only on mats but also in chairs with the use of props which are supplied.

Perfect for those who want to increase flexibility, balance and strength. An added benefit is the calming and focusing of the mind. Many of the poses can be adopted easily into daily at-home practice.

About the Instructor:

Ben participated in his first Yoga class in 1975, and dabbled with it inconsistently for over 40 years. In the intervening years, he ran marathons, competed in triathlons, hiked, biked outdoors. In 2006, Ben started teaching Spinning here at Yang's. After having surgery for Melanoma, he has been a rider-participant in the Pan Mass Challenge since 2008. He is a 200 hour RYT certified Yoga teacher, with an intention of sharing a strong and steady practice. One of his mentors thinks he makes a good Yoga teacher because of dealing with a lifetime of sport related injuries. His motivation, aside from an energetic and balanced (elder) life, is to teach how yoga can transform our lives, thru poses that develop strength, balance, flexibility, focus, inner calm, and the ability to accomplish what once seemed impossible. A 25-year Andover resident, Ben has two adult children and a life-partner who has also attaining her 200 hour RYT certificate.



Non-members welcome!

Tuesdays, Noon-1 pm

4 weeks starting March 12

Min. 8, Limited to 17 ~ pre-registration required.

Blocks, bolsters, blankets & belts will be provided.

YANG'S

FITNESS & WELLNESS

5 Dundee Park ~ Andover, MA 01810 ~ 978.475.2020

www.YangsFitness.com

Pre-register and save!



Name: _____ Phone: (____) _____
 Email: _____ D.O.B. ____/____/____

New & non-current members, please complete below:

Address: _____ City: _____ State: _____ Zip: _____

Are there any health/medical concerns we should be aware of? _____

How did you find out about this workshop? _____

REFUND POLICY:
 NON-REFUNDABLE
 7 days prior to workshop
 ANY REFUNDS ARE
 SUBJECT TO A 10%
 PROCESSING FEE.

Tuesdays, Noon - 1 p
4 weeks starting March 12

Gentle Yoga	Active Yang's Member	Non-Member
Early Bird <i>by 3/5</i>	☑ \$ 49	☑ \$ 65
Regular <i>after 3/5</i>	☑ \$ 59	☑ \$ 79

I, the undersigned, wish to participate in the exercise and training programs offered by Bodies In Motion, Inc. d/b/a Yang's Fitness Center (Yang's). I understand that there are inherent risks in participating in a program of strenuous exercise, up to and including death. I understand that part of the risk involved in understanding any activity program is relative to my own state of health (physical, mental, emotional) and to the awareness, care, and skill with which I conduct myself in the activity or program. I understand that my choice to participate in any of these programs brings with it my assumption of those risks and results stemming from this choice.

I agree that Yang's shall not be responsible for any injuries to me resulting from my participation in the program. I expressly release and discharge Yang's, its owners, employees, agents, and/or assigns from all claims, actions, judgments, and the like which I or my heirs, executors, administrators, or assigns may have in connection with my participation in the program. The only exception would be an injury caused by the gross negligence or intentional act of such person or persons. This release shall be binding upon my heirs, executors, administrators, and assigns. I have read this release and I understand all of its terms. I sign it voluntarily and with full knowledge of its significance.

Participant Signature (Parent/Guardian if under 18)

Date

Date rec'd ____/____/____ \$ _____ via _____ taken by _____