

TANYA I. EDWARDS, MD, CENTER FOR INTEGRATIVE AND LIFESTYLE MEDICINE

JOIN US FOR

'Come as You Are' Yoga

Take the time to nurture your body and your mind. Enjoy the many benefits of yoga classes from the Tanya I. Edwards, MD, Center for Integrative and Lifestyle Medicine.

We teach a gentle style of yoga that anyone can practice, whether:

- You've never tried yoga
- You haven't done yoga in a long time
- You'd like to try a new type of class

Our classes are designed so that you can participate at your level. We break down complicated poses into simple, easy-to-do movements. You will learn a balanced physical routine that will also benefit your mind and spirit.

THE MANY BENEFITS OF YOGA

Yoga can make a big difference in your life by:

- Decreasing stress
- Reducing chronic pain
- Lowering levels of inflammation
- Enhancing immune response
- Lowering blood pressure
- Improving posture and body alignment
- Increasing flexibility and muscle strength
- Providing a sense of joy and well-being

WHAT MAKES OUR CLASSES UNIQUE

The breathing and mindfulness techniques that we teach set our style of yoga apart. We give you real-life tools to manage and reduce stress.

Our yoga classes give you an opportunity to learn more about yourself. We help you become aware of patterns and habits that no longer work for you. This awareness allows you to replace old behaviors with new ones that enhance your life.

Come as you are! Enjoy yoga in a serene, relaxed, non-judgmental environment, surrounded by nature.

All of our classes are taught by certified and experienced Yoga Instructors and Yoga Therapists. Private yoga sessions are available by appointment.

FIND A YOGA CLASS THAT'S RIGHT FOR YOU

To register or learn more, please call **216.448.HEAL (4325)** and select option 4, email lifestylemed@ccf.org or visit clevelandclinic.org/clmevents.

Ongoing Classes

Lyndhurst Campus

Monday: 7 - 8 p.m.

Yoga & Meditation Class

Tuesday: 1 - 2 p.m.

Therapeutic Yoga Class

Thursday: 6:30 - 7:30 p.m.

Gentle Traditional Yoga Class

Fairview Hospital Wellness Center

Wednesday:

10:30 - 11:30 a.m.

Therapeutic Yoga Class

Twinsburg Family Health Center

Monday:

1:00 - 2:00 p.m.

Therapeutic Yoga Class

Price: \$12 per class or

5-class pass: \$55

10-class pass: \$100

One on One Sessions Available for personalized practice & therapeutic needs.

\$75 per hour