

**YOGA FOR YOU**  
**AT BRIKHOUSE FITNESS**  
**BEGINNING MARCH 2024**

**Pushing yourself daily is the driving force behind  
becoming the best  
version of yourself.**

**Our newest member of the Brikhouse team is Yogi Barbara.  
Barbara**

**has been a certified Yoga instructor since 2015. She can  
lead classes**

**in many styles such as Vinyasa, Bikram, Ashtanga, Dharma,  
and Yin.**

**200 RYT Always-At-Aum, 200 RYT the Bikram Method  
Yoga.**

**Barbara is a lifelong fitness enthusiast practicing yoga for  
over 20**

**years. She initially explored yoga as a means of healing  
her mind and**

**body as well as providing migraine and digestion relief.  
After finding**

**relief, Barbara deepened her practice by completing a 200  
hour**

**certification training with East Coast Yoga in 2015. Barbara  
continued**

**her yoga training by becoming certified in Vinyasa, Chair  
Yoga, and**

**Yoga for cancer patients.**

Barbara is registered with Yoga Alliance and continues to deepen her

practice by attending workshops and trainings, all in an effort to

improve her students' flexibility, mental well-being and overall

health.

Barbara's classes are low impact and for all levels from beginner to

expert. Expect this yoga experience to be a relaxing experience while

inspiring each individual to achieve individual goals.

Namaste,

"Have peace in your thoughts, speak kindness, and always choose

compassion with your actions."

## *BENEFITS OF YOGA*

- ❖ *Improves Flexibility*
- ❖ *Increases Stability*
- ❖ *Builds Muscle*
- ❖ *Improves Muscle Tone*
- ❖ *Strengthens Bones*
- ❖ *Improves Posture*
- ❖ *Aids in Weight Loss*
- ❖ *Enhances Mental Health*
- ❖ *Decreases Injuries*
- ❖ *Improves Sleep*
- ❖ *Improves Digestion*
- ❖ *Eases Arthritis Pain*
- ❖ *Reduces Back Pain*
- ❖ *Improves Heart Health*