Yoga is a term meaning “union or yolk.” It refers to the proper integration of body, mind and spirit.

Yoga is more than exercise. Yoga is a philosophy, a lifestyle. It has extraordinary healing potential for body and mind. Yoga addresses not only structural imbalances in the body, like bone and joint problems, but also circulatory dysfunctions, including hormonal and immune disorders. Particularly through its meditation methods, Yoga treats the nervous system disorders, emotional tension and psychological difficulties of all types.

Some reasons to begin yoga include:

- To Improve Physical Strength
- Increase Flexibility and Balance
- Stress Reduction
- Weight Reduction
- Enhance respiratory system through breathing exercises
- Develop deeper awareness of self and consciousness

Yoga Instructor at Parkside:

About JoAnne: JoAnne Pavin is a holistic health advocate, Licensed Massage Therapist, Certified Ayurvedic Lifestyle Counselor and Registered Yoga Instructor (E-RYT 200- RYT 500). She has been promoting healthy living through holistic services and education in the Chicago land area for the past 18 years before relocating to Central Illinois. Her yoga studies have taken her to INDIA and her mission is to educate people on balancing their bodies with nature, nutrition and meditation, which are much needed in our modern times. Contact her at www.joannepavin.com

Instructors are proud members of

YogaAlliance
Integrity, Diversity, Community.

www.yogaalliance.org

Yoga Classes at
Parkside Athletics
300 Redbud Drive, Pekin, IL 61554 (in Mineral Springs Park)
Phone: (309) 347-6644
www.parksideathletics.com
What is Yoga?

Yoga is over 5000 years old. It is a total system for mind body health. Its roots are from the Vedic period. Individuals have been using yoga for health and healing since this time and researchers suspect even before this period, based on ancient hieroglyphics.

There are many types and styles of Yoga, but ultimately the main point of all Yoga is to connect or unite with oneself, to remember ones purpose through the awareness of the breath and body. In this modern age, it is easy to forget how to connect the mind and body. We do most of our living in our heads and at times forget to breathe. Shallow chest breathing becomes the norm and as result congestion sets in our respiratory, circulatory, and nervous systems. The breath is our best resource to moving life force around the body, and keeping the lungs and brain oxygenated. Yoga reminds us to breathe deeply.

Asana, or physical postures, is just one limb of yoga. Asana practice is what is typically taught here in the western world, but is just the tip of the iceberg when one begins to study yoga. The physical postures are used to burn off physical energy in the body and clear the mind of mental fog in order to prepare the body for meditation, which is another limb of yoga.

Pranayama, or breathing exercises, is another limb of yoga, which is usually incorporated into yoga class. This teaches control of the breath and the ability to increase your lung capacity, but also to rid the body of stale air that gets trapped in the lower lobes of the lung and metaphorically help to rid the mind of stale thoughts, thinking that does not serve a healthy being.

What to expect:
A typical yoga class begins with a seated meditation to allow students to connect to the breath, followed by warm up, postures (asanas) and concludes with a short 5 minute meditation in a restorative pose.

All levels are welcome, the classes are taught with modifications for all abilities. Please let the instructor know if you have any health concerns, such as circulatory, skeletal or joint issues, and if you are pregnant.

Yoga is not a religion. It can be considered a philosophy, a lifestyle and/or a spiritual practice. Yoga is your own personal experience and what you make of it.

Who can do Yoga?
Anyone who breathes can do Yoga.

Yoga at Parkside Pricing for Non-members

Punch Cards:
10 class punch cards $40

Drop In-$5/class

Private Sessions:
Inquire with individual instructor

All Classes Are 70 minutes

Bring your own mat if you wish, Parkside Athletics provides mats, and blocks if you need them.

Yoga is best practiced on empty stomach or with at least an hour from last food or drink.

Workshops and Intensives:
Check website
www.parksideathletics.com