



C o m m u n i t y   Y o g a  
THERAPEUTIC YOGA CLASS  
Presented by: Vicki Salzbrun

Saturday, December 19, 2009,  
12:30-1:30pm, Lutheran Hospital Campus  
Free Community Class

**Kachmann Mind Body Institute**

Lutheran Hospital Campus  
7900 W. Jefferson Blvd., Ft. Wayne, IN 46804  
info@kachmannmindbody.com

**260-420-YOGA (9642)**

**KachmannMindBody.com**

*Register online, by phone or mail in*

k a c h m a n n  
m i n d B O D Y  
i n s t i t u t e

R E G I S T R A T I O N   F O R M

NAME

ADDRESS

PHONE

EMAIL

PMT AMT  CASH  CHECK  VISA/MC

CARD NO.

EXPIRATION DATE

SIGNATURE

O F F I C E   U S E   O N L Y

DATA ENTRY BY

DATE

EMAIL CONFIRMATION

DATE

Often those who are recovering from an illness or who experience chronic pain need yoga the most, but are overwhelmed by medical expenses. We believe everyone should have an opportunity to experience the wonderful therapeutic benefits of yoga. The Kachmann Mind Body Institute community classes are free to the public, and we invite you to join us in this loving practice of self-care.

Therapeutic yoga meets the specific needs of those suffering from a variety of conditions including cancer, heart disease, back problems, stress disorders, asthma, arthritis, diabetes, sleep disorders, and multiple sclerosis. Our healing yoga class includes breathing practices, body postures and movements, deep relaxation, and guided imagery and meditation to help relieve physical and emotional stress and pain.

When our bodies are under stress from illness and disease, stress adrenaline release can cause elevated blood pressure, headaches, feeling of lethargy and exhaustion, elevated heart rate, heartburn, and back spasms. It can inhibit our sleep and ability to digest food which depletes our vital energy that we need for health and healing. Using therapeutic yoga for stress management and illness, we can begin to change our reactions to the stressors in our daily life. Yoga helps to relax the body and develop greater awareness of our thoughts and feelings, which will increase our energy and vitality, and allow the body to heal from the inside-out.

**Yoga Movements:** Counteract the muscle tension and stiffness that follow anxiety, poor posture, previous injury and inactivity. Stretches strengthen opposing muscle groups, increases bone strength, balance and coordination, and help improve blood flow to the organs.

**Breathing practices:** Help us restore a natural breathing rhythm, calm and balance the nervous system, increase the amount of circulating oxygen, and help increase awareness of internal states and deepen the benefits of other yoga practices.

**Relaxation and Meditation:** Assist the body to recover from exertion, reduce muscle tension, and help to calm the mind and lower blood pressure and heart rate. Deep relaxation improves sleep and enables us to use imagery and meditation more fully.

Therapeutic Yoga class is a basic chair based class ideal for all levels. No experience necessary - come as you are.

2010 Class Dates: Saturdays 12:30-1:30pm, Jan. 16, Feb. 13, March 20, April 17, May 15, June 19, July 17, Aug. 21, Sept. 18, Oct. 16, Nov. 20 Dec. 18.