



Receive a One Hour Yoga Class
at your home or business.

Good for up to 10 people.

Expires 12/31/09

Trudy Miller
Personal Yoga Instructor
253.737.3930

Strong Yet Flexible...

Bamboo Asana Yoga provides a personal experience for the student. Yoga is designed to meet individual needs with gentle instruction. Yoga is a mind, body experience that helps us to manage stress and anxiety. Yoga is suitable for people of all abilities. Bamboo Asana Yoga instruction encourages strengthening our own level of ability. There will not be any judgment or competition. Classes are taught with modifications to encourage students to stay within their personal limits. Each student will enhance their experience as they continue to improve.

Group Yoga

Group classes taught at your location. A variety of styles of yoga classes are available. Each class will be designed specifically to meet the needs of the students that are participating. Students will learn up to 30 different yoga asana or poses. Many of the difficult poses in yoga take years to master and may never be part of a group class. Again, each student will be encouraged to incorporate their own level of ability for each asana.

Private Instruction

Private classes allow the instructor the opportunity to work with each student to help them to do the asana correctly at their level of ability with quality movement rather than quantity of movement. The flow will be up to that individual. The practice can be tailored to that student. In private instruction we will work on flexibility, balance, weight loss, stress management, depression, low back pain, fibromyalgia symptoms, sleep disorders, and much more.

Meditation and Relaxation

Each class will end with a relaxation period that may incorporate a short facial massage with lavender oil if desired. We will focus on breathing techniques that will help us relax, rejuvenate, and renew our spirit. Meditation is an opportunity to get in touch with our own needs and focus on health, spirituality, and physical well being, improve vital energy, and enhance mental clarity.