

HOW OTHERS EXPERIENCE THE CLASSES:

“Doing yoga with Monika has greatly enriched my life. She is a devoted teacher and intuitively understands her students. Monika is truly a delight!”
Nancy Spencer, San Lorenzo

“I especially like the poses, the homework, the looking inside myself that you had us do for homework, and the affirmations for the week. ...You have done a lot for me, and for this, I thank you. I have more peace in everything I do.”
Ann Allison, San Lorenzo

“At the end of each class I went home refreshed, energetic, and in happy spirits - most of all calm and at peace.”
Rose Marie Roybal, Faywood

“You and your classes have trained my body, sharpened my mind, and touched my spirit.”
Barry Dunleavey, Deming

“I want to let you know that I am still doing the poses every evening. I am getting much better. I can now reach my toes without falling over!”
Annette Schneider, Columbus

Classes:

Deming Zen Center

501 A East Spruce, Deming, NM

- Wednesdays
4:00 pm to 5:00 pm
- Wednesdays
7:30 pm to 8:30 pm
- Thursdays
10 am to 11 am
- Fridays
4:00 pm to 5:00 pm
(only during the cold season)

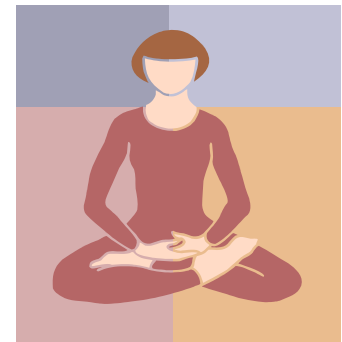
Private Lessons:

- In the comfort of your home
(Almost) Anytime

Call 575-543-8900 or
write to serenity@dishmail.net!

Visit me on the Web:
www.developserenity.com

YOGA FOR PEOPLE FROM 25 TO 85



Six-week courses

each with a different focus

Monika Walter
CYT, RYT

575-543-8900

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www.developserenity.com

YOGA FOR PEOPLE OVER 50

We age according to our beliefs of aging. If we believe that stiffness, increasing lack of flexibility and mobility are inevitable parts of the aging process, we probably experience all of the above.

Expectations determine outcome!

Without exercise and movement, we do lose height, strength, and flexibility.

Yoga is known to slow down and even reverse premature aging.

“You are as young as your spine is flexible.”

(source unknown)

Yoga helps you to . . .

- Improve your posture
- Maintain your balance
- Deepen your breathing
- Increase flexibility of your body
- Increase circulation in the joints
- Prevent or ease arthritis and osteoporosis
- Control glucose level for those with diabetes
- Deal with menopause
- Increase your energy level
- Calm down and relax
- Reduce fear, anxiety, depression, and anger
- Feel at home in your body again

“You are never too old to do yoga! You are too old not to do yoga!”
Suza Francina

Each class consists of:

Meditation
Warm-up exercises
Simple breathing exercises
Poses
Relaxation

What to bring and what to wear:

At least two blankets
A firm cushion
A bottle of water
Wear loose fitting clothes
Have a light meal 1 to 1 ½ hours before class.

Fees:

- One six-week course (6 times, 1 hour): \$42. This means only \$1 per day for yoga!
Two six-week courses simultaneously: \$70
Three six-week courses simultaneously: \$90
- Private lesson (one to two students, 60 minutes): \$35.

Call Monika for current dates and registration!

575-543-8900

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Visit www.developserenity.com for more!

Non-competitive * caring
small groups * individual attention
bimonthly newsletter
web access to class material