

# 2015 Monthly Yoga Challenge Practices

## Second Sundays 11-1:30

*With Lynne Minton, E-RYT500*

### Back Bends

### Sunday, July 12



*"If you are having more birthdays,  
do more backbends".*

Gravity, time and postural habits tend to take the spine into a forward curve which tightens hip joints and chest muscles and weakens spinal muscles. Back bends counter these aging effects helping to maintain youthful posture, full breathing and an open heart.

In this monthly challenge we'll explore back bends from the simple to the challenging in ways that are accessible to everyone. With a few of these postures in your weekly practice those added birthdays will barely be noticeable!

*A great way to earn C.E.U's! Fee \$25*

*Limited to 15 participants with a minimum of 6 months of yoga practice.*  
Pre-registration on- line at [www.bodylanguagestudio.net](http://www.bodylanguagestudio.net) is appreciated.



**BODY Language**  
s t u d i o

Contact Host: Cheryl Van Demark , PT 636-2007  
or email using Contact Tab@ [www.BodyLanguageStudio.net](http://www.BodyLanguageStudio.net)

990 N Highway 89 Suite A Chino Valley , AZ 86323