



ROCKET YOGA



□ WHAT IS ROCKET YOGA? □

□ FOUNDED IN THE TRADITIONAL PRACTICE OF ASHTANGA THIS SUPER FUN, FAST PACED YOGA METHOD CARRIES THE TAGLINE “GETS YOU THERE FASTER”

WHETHER YOU WANT TO LOOSE WEIGHT, LEARN THE SUN SALUTATIONS, GET BETTER AT INVERSIONS/THE SPLITS, BUILD UP BETTER CARDIO ENDURANCE, OR FIND PEACE WITHIN YOUR SELF . . . IT ALL HAPPENS AT ROCKET SPEED!

□ ENCOURAGING RECOGNITION OF ALL THE YOGA SUTRAS, THE LESSONS THAT ALLOW YOU TO LIVE YOGA OFF THE MAT A FUN & NON INTIMIDATING NOD IS GIVEN TO YOGA PHILOSOPHY ALL THE WHILE STRENGTH, MOBILITY, FITNESS & HEALTH OF THE BODY & MIND ARE EXPLORED, CHALLENGED & DEVELOPED.

□ WITH A FOCUS ON THE JOINTS ROCKET ENSURES A STRONG & STABLE BODY YOU CAN BE PROUD OF & PRACTICE WITH YOU FOR THE REST OF YOUR LIFE. FLEXIBILITY IN THE BODY IS A SIDE-EFFECT, STRENGTH IS A CERTAINTY & YOUR CONNECTION WITH YOUR MIND, BREATH & SOUL WILL INCREASE & IMPROVE ALMOST IMMEDIATELY

ENJOY YOUR MIND & BODY

ENJOY YOUR LIFE

