



Angel Brutus, LPC, CRC
Level V Yoga Instructor
“Growth brings positive change”

For individuals interested in learning ways to meditate, be in the present, and manage physical response to stress.

You've probably heard that Yoga is good for you. Maybe you have even tried Yoga and discovered that it makes you feel better. But what are the specific health benefits you can expect to enjoy from doing Yoga regularly? Yoga encourages us to explore our natural abilities in an active, safe, and fun way that honors the diversity of each of our levels of flexibility and strength. Angel Brutus offers a Vinyasa flow class where individuals can practice moving energy through their bodies and bringing calm into their minds by way of purposeful breathing. Yoga is excellent for:

- Promoting physical development and a positive attitude toward physical activity.
- Building self-esteem, focus, and concentration.
- Improving strength, flexibility, body awareness, and neuromuscular coordination.
- Complimenting competitive and recreational sports training by helping to prevent injury and improve coordination.
- Helping to find balance in busy and active lives, relieving overall stress, and helping to develop poise and confidence.
- Helping students of all ages to develop a healthy relationship with their changing bodies and a positive image of themselves
- Creating a totally positive, supportive and non-competitive environment where we use cooperative learning activities to build trust.

Yoga is a great activity for ALL ages - everyone can be successful in class. Yoga is inclusive and allows individuals to participate at their own level. Yoga helps to reduce stress, encourages mental calmness, improves posture, and promotes increased self-confidence. Many have found great success through the practice of Yoga. Thank you for allowing me to share in your journey to health and wellness.

As always, Namaste

Angel Brutus, Yoga Instructor