



Benefits of Yoga

Because your body is the most important piece of sports equipment

- *Greater flexibility and strength will produce greater distance and accuracy off the tee*
- *Improved sense of balance equals more effective club & racquet control*
- *Enhanced breathing awareness brings better rhythm & tempo to the swing*
- *A quieter mind will increase concentration & heighten visualization abilities*
- *Better overall fitness yields a reduced risk of injury & quicker recovery time*

A composite of several yogic forms (Hatha, Karma, Bhakti, Kundalini, Ashtanga), **Kripalu** means "compassion" and Kripalu Yoga focuses on what your body can do at this time. Bring yourself to your own edge, wherever that may be for you on this particular day, and let that be your teaching. Come safely to this edge, without forcing past it, in each of your practices and you will find that your body progresses, your "edge" advances - as do you. At the same time there is a calming effect, a mental tranquility produced by the practice itself.

Smiling Spirit Yoga
Sign up Now!

Address Correction Required

Woodbridge Country Club
50 Woodfield Road
Woodbridge, CT 06525

Woodbridge Country Club

Announces

Smiling Spirit
YOGA

Wednesdays

April 23, 2008

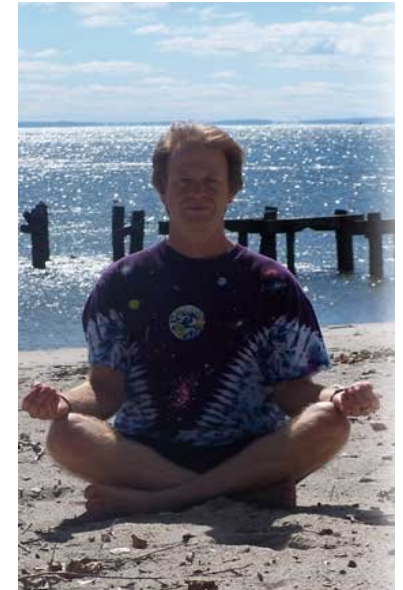
through

May 28, 2008

Complimentary Introductory Class

April 16, 2008

9:30 AM





Woodbridge Country
Club

Presents

“Smiling Spirit Yoga”

For All

Members and Guests



All programs are suitable for
both Men and Women of all
ages, abilities.

How to contact Jim:

Email Jim Percival at

jim@smilingspurityyoga.com

or visit his website

www.smilingspurityyoga.com

Kripalu Yoga Program

6 Week Program

\$90 per person

Complimentary Introductory Class

Wednesday, April 16, 2008

9:30 to 10:30 AM

All are Welcome to attend

Week One

Wednesday, April 23, 2008

9:30 to 10:30 AM

Week Two

Wednesday, April 30, 2008

9:30 to 10:30 AM

Week Three

Wednesday, May 7, 2008

9:30 to 10:30 AM

Week Four

Wednesday, May 14, 2008

9:30 to 10:30 AM

Week Five

Wednesday, May 21, 2008

9:30 to 10:30 AM

Week Six

Wednesday, May 28, 2008

9:30 to 10:30 AM

Member Sign Up

Member Name:

Member Number:

A \$30 non-refundable deposit is due at the time of sign-up. The remaining \$60 will be billed to your account following the program.

This Program is subject to a 10% Connecticut Sales Tax.

Afternoon classes maybe available based on demand. Please call Jim Percival for private lessons, or afternoon classes.