

What is Yoga?

At Nat's Yoga & Dance Studio, yoga can be defined as, "a series of exercises to improve health through proper alignment of the body."

Through yoga you will discover:

Deeper breathing. Breathing exercises to increase lung capacity will help to bring about relief from sinus problems, hay fever, etc.

Better posture. Stand taller by gaining an awareness of body placement.

Stronger metabolism. Slow the aging process and gain more energy for each day.

Increased flexibility. Aches and pains will be alleviated as you gain flexibility through stretching and movement.

Improved circulation. No more cold hands and feet!

Peace of mind. Learn relaxation techniques to help you sleep better and become calm.

FOR INFORMATION ON CLASSES & SCHEDULES CALL:

620-408-9536

www.natsyogastudio.netfirms.com
above the Dodge City Daily Globe

Also, check the following locations for classes scheduled with Nat Shriver.

Dodge City Community College
620-225-1321

Dodge City Senior Citizens Center
620-338-8863

NAT SHRIVER has spent a lifetime sharing her passion for the arts of movement with others. She began fulfilling her dream of becoming a dance teacher at the age of twelve and continues to fulfill that dream today.



Nat views life as a series of open doors. The goal is simply to step through them when the time comes. She hopes that she is helping others to find open doors in their own lives, be it through yoga, dance, or other forms of exercise.



As you go through life,
Leave a path of peace.

Located above the Dodge City Daily Globe.

QUESTIONS & ANSWERS

I'm in terrible shape. Do you offer any beginning courses?

Nat's classes are open to all fitness levels. Although some types of yoga may be more difficult than others, all exercises can be modified to accommodate your skill level and physical conditioning. Please feel free to call and talk with Nat about your particular needs. She would be happy to help you select an appropriate class.

I want to get in shape, but I'm not interested in anything religious. Is yoga a religion?

Yoga is not a religion. It is a physical discipline that originated with an ancient Hindu system of philosophy. Yoga, in itself, is simply postures and breathing techniques designed for overall improvement of health. Western, or New Yoga, as practiced at Nat's Studio, involves stretching, focus on proper body alignment, and breathing techniques that help improve physical well-being. Relaxation techniques are also incorporated into most class schedules.

I'd like to do yoga, but I have an aching back, bad knees, and my shoulder hurts sometimes.

Of course, anyone who is beginning a new exercise regime should talk with their doctor or chiropractor first. However, most students who have started yoga with similar complaints report some degree of improvement, and some eventually become completely free of common aches and pains.

Poor muscle tone and inflexibility are often the root cause of everyday aches and pains. Yoga is good for correcting both of these issues.

Yoga just looks like a bunch of stretching exercises. I need a good aerobic workout.

It is true that many forms of yoga are not as aerobically invigorating as a step aerobics class. However, don't assume there is no benefit just because you are not drenched in sweat. Give Nat a call to discuss some of the more challenging yoga classes, or you might consider checking out one of her dance classes—another great way to get in shape.

What classes are offered at Nat's Yoga & Dance Studio?

Nat teaches a variety of movement classes that may be offered at numerous locations at any one time.

Classes offered include:

- ◆ "Western" Hatha Yoga
- ◆ Tai Chi
- ◆ Yi Chin Ching/Dynamic Tension
- ◆ Pilates
- ◆ Charles Atlas
- ◆ Callenetics
- ◆ Ballet
- ◆ Tap Dance
- ◆ Other Forms of Dance

Great! How do I get started?

Call Nat at 620-408-9536.

View our current schedule on the web at

www.natsyogastudio.netfirms.com