

## **P R E S E N T I N G . . .**

### **Yoga With The “Bubble Lady” of Galena, Marion Roberts Lubinski, Certified Yoga Teacher**

**At Midwest Health & Fitness Center, 1 Midwest Medical Center Drive, Galena, Illinois**

**SATURDAY MORNINGS, BEGINNING: OCTOBER 3<sup>rd</sup>, 2009**

**\*No class on October 17<sup>th</sup>.**

**Classes held from 9-10:15am.**

**Cost: Individual Class: Fitness Members: \$8. Non-Members: \$10.**

**Purchase a 12-class punch card, attending when your schedule permits, and receive a complimentary 13<sup>th</sup> class. Members: \$96. Non-Members: \$120.**

**Please come with: an open heart and empty stomach, wearing comfortable, non-binding clothes.**

**TO REGISTER: Contact Midwest Health & Fitness Center, 815-777-4960**

After practicing yoga for several years under the tutelage of others, Marion decided upon a path that would lead her to becoming a certified yoga teacher. With the support of friends and family in 2004 Marion realized her dream of becoming a registered yoga teacher within the Yoga Alliance.

“I sought out the path of yoga for the spiritual aspect it offered. It has brought me a great appreciation for all that I am within the moment. As Matt once said, I have both passion and compassion! My strengths include connecting with people and filling the world with joy. I love sharing this ancient healing practice and assisting individuals in modifying the asanas in a way that works for their individual bodies. If you can breathe, you can practice yoga.”- Marion Lubinski.

Marion is a compassionate teacher with the emphasis on poses, known as asanas, assisted by deep breathing, learning to relax and have fun – holding a pose but not holding the breath. The breath is the key. If you can breathe, you can practice yoga. It is this life force, called the pranayama in the ancient Sanskrit language of yoga, which unlocks the door, putting you in touch with the Divine in all of creation. There are many pranayama exercises to learn: cooling breaths are especially useful for the heat of summer days; Breath of Fire stokes the furnace within your 3<sup>rd</sup> chakra, your solar chakra; alternate nostril breathing helps one maintain balance between the left and right brain hemispheres, especially useful for concentration. These are just a few of the many to experience. More importantly, pranayama is designed to make full use of your lung capacity.

Once you leave the studio, you are encouraged to take your yoga practice into your daily lives. The techniques offered here can be used in a number of ways, such as standing in the check-out line at the grocery store, driving in heavy traffic, looking both ways to cross the street, or preparing your self for an important test. Whatever you experience during the 75 minute practice, you shall walk away restored, refreshed, and renewed. This is yoga for the whole you!