



# ~Beginners Yoga~



<u>Monday</u>	<u>Tuesday</u>	<u>Thursday</u>	<u>Saturday</u>	<u>Sunday</u>
7:30-8:45 PM	4:15-5:30 PM	4:15-5:30 PM	12:15-1:45 PM	8:30-9:45AM
with Lela	with Megan	With Nick	with Nick	with Rebecca



## Lela Beem : Mondays

In 2001, I began my Vinyasa yoga practice with Tom Gillette in Rhode Island as a way to reduce stress and fatigue. After traveling in India and S.E. Asia for over a year, I completed a 200 hour teacher training at the Kripalu Center. I primarily practice and teach a mindful form of Vinyasa yoga, which focuses on linking breath and movement into a flowing sequence of asanas. In all my classes, I emphasize the connection between mind and body, leaving time for stillness, introspection and meditation.



## Megan Dunne : Tuesdays

I've been practicing yoga for eleven years and have had the honor of studying with a variety of master teachers in disciplines ranging from Ashtanga to Iyengar yoga. In my class, we focus on our breath, which is our center. We explore through detailed attention to alignment, and moving to the rhythm of our breath, our own unique truth. There is no right or wrong—there is only the process and the practice—and the willingness and desire to explore and grow.



## Nick Beem : Thursdays and Saturdays

I am a certified Kripalu yoga instructor at the two hundred hour level. I spent 2004 studying yoga, meditation (and life in general) in India and Southeast Asia. My classes include breathing practices, precise alignment cues, potent pauses, creative flows, deep stillness, and at least one joke. I have been a student of Buddhism for eight years, and I incorporate teachings on mindfulness and compassion into my classes to help students practice living with an open heart and a clear mind.



## Rebecca Flanagan : Sundays

From the moment I experienced the tranquility of my first yoga class I knew I wanted to incorporate this into my life and help others find peace and a similar balance. I hope to share my love for the asanas and meditation by guiding others to find their "inner teacher" and experience the energy of life that yoga brings. Self-realization, I think, comes when we let go of what we cannot control and slide into that deep pool of self-awareness and connectedness to what is at any moment in time.

generations <sup>\*</sup>yoga center™

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