

TIME FOR YOU

A 5000 year old practice
proven effective for
health and wellness
blended with cutting-
edge research in
practical application.



Gentle
YOGA

Individualized & Adaptable

Individual conversation with your instructor will assure safe practice within your unique range of comfort, ability, and goals. Sitting on the floor is NOT required; chairs & props are available.

Private Consultation &

Specialty Groups

Yoga Warriors

for Military Veterans, Personnel, Families

<http://yogawarriors.com/>

Give an Hour Provider Participant

<http://www.giveanhour.org/skins/gah/home.aspx>

Therapeutic Yoga

for Trauma-related Recovery

& Chronic Illness

Gentle YOGA

Registration Requested

603-616-2019

AGTJ@msn.com

www.AngelaThomasJones.com



Serving the North Country since 1988

GENTLE YOGA

Three Locations

Tuesdays 8:30–10am
103 Cottage Street
Littleton, NH

Thursdays 5–6:30pm
45 Lyme Road
Hanover, NH

Saturdays 8:30–9:30am
Mtn. View Grand Resort & Spa
Whitefield, NH

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A holistic approach to health & wellness

Introducing Yoga into western medicine is a bit like introducing poetry into a

physics class—it is a leap from the objective to the subjective, from the empirical to the felt.

Each person experiences stress & illness differently based upon their circumstances & history. The stress response exists in the space between the scientific--the neurological, the chemical and the effect on the organism as a whole—and the individual's subjective experience.

Yoga can meet people in this space between: where the body and mind, science and the subjective converge.

Complementary & Alternative Medicine

Today, Yoga is one of the top ten *complementary and alternative medicine* (CAM) *modalities* used in the United States. Practitioners of this ancient Indian system of health care use breathing exercises, stretches, and mindfulness practice to balance the body's energy centers.

People not only practice Yoga for general health and fitness, but also for a variety of health conditions and mental health related issues including but not limited to anxiety, depression, asthma, high blood pressure, addiction, and chronic illness.

The reasons for the use of CAM popularity go beyond the practical. People seeking *alternative medicine* are not necessarily dissatisfied with conventional medicine, but because they find health care alternatives to be more congruent with their own values, beliefs, and philosophical orientations toward health & life.



Seasonal series to boost immune system and vitality

Sources:

>*National Center for Complementary & Alternative Medicine*

<http://nccam.nih.gov/>

>*Yoga Alliance*

<http://yogaalliance.org/>

>*The Trauma Center of Justice Resource Institute*

<http://www.traumacenter.org/>



Gentle YOGA

Center for Integrated Health
45 Lyme Road, Suite 200
Hanover, NH

Center for Collaborative Energies
103 Cottage Street
Littleton, NH

Grand Mtn. View Resort & Spa
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