

Sambodh Center is delighted to introduce our new Yoga Instructor  
**Krista Katrovas, RYT**  
and that we are opening enrollment for yoga students who would like to

**Join Krista's weekly classes**  
**Mondays, Beginning August 9, 2010**  
**7:00 -8:30 p.m.**

at the **Sambodh Center**  
**6363 N. 24<sup>th</sup> Street, Kalamazoo, MI 49024**

(on the NE side of Kzo, only 10 minutes from downtown, via Gull Rd.)

**Call (269) 327-3774 for advance Reservation**  
and get 25% off the first month's classes

\$10 per Session ~ Payable On Site, or  
\$11 per session through PayPal @ [www.sambodh.us](http://www.sambodh.us)  
(scroll to the very bottom of our Home page)

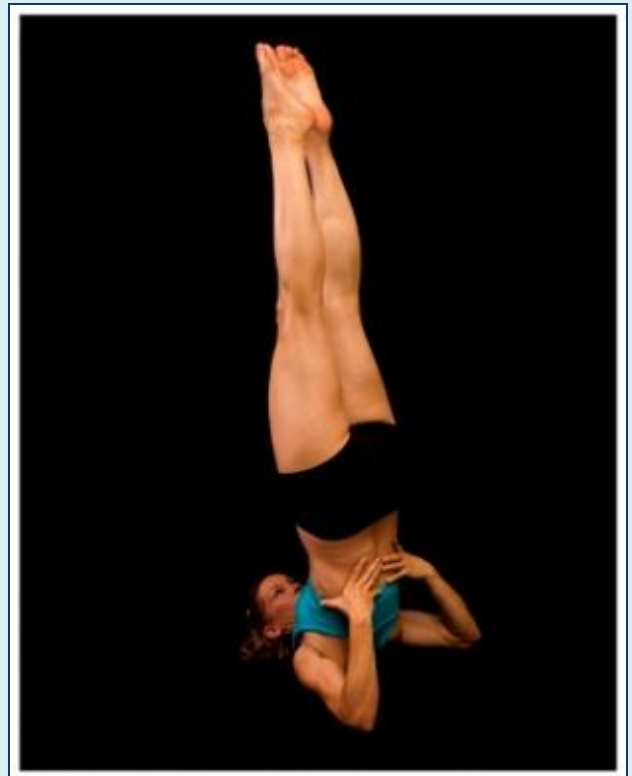
Drop-Ins Welcome

### **About Krista Katrovas**

**Krista Katrovas, RYT**, holds a BA in Dance and an MFA in Poetry from San Diego State University. She has been **practicing yoga since 1999**. She trained extensively in **Bikram Yoga**, taking 3rd place in the 2004 U.S. Southeast Region Yoga Championships. Krista is a **Registered Yoga Teacher** with Yoga Alliance, and **Certified by the YMCA** in Group Fitness and Healthy Lifestyles.

In addition, **Krista has studied...**

- ✧ **Pranayama Techniques** with Sam Rangaswamy from Louisville, Kentucky;
- ✧ **Vinyasa** through Corepower Yoga Teacher Training in San Diego, California;
- ✧ **Interdisciplinary Flow Yoga Training** through Yoga One in San Diego, California;
- ✧ **Anusara Expansion** with Darren Rhodes, Power Flow with Rolf Gates;



In September 2009 she completed an intensive month program, called "**The Heart of Yoga**," at the Krishnamacharya Yoga Mandiram in **Chennai, India**. This Fall, Krista will appear in part of the arm balancing slide show on the **Yoga Journal's website** for their special 35th Anniversary edition in September. In July 2010, Krista's **short stories and writings on Yoga** first appeared in **Spirituality and Health**. Krista started her own yoga studio, **Sunrise Yoga**, after returning from India last year.

## **About Vinyasa Yoga**

**Vinyasa Yoga** is characterized by a focus on a dynamic connecting posture which creates a “flow” between the more static traditional yoga postures. Vinyasa means “linking” and, as the term implies, Vinyasa yoga emphasizes the synchronizing of yoga postures with the breath. Each variation of movement is linked to the next by specific transitional movements synchronized with the breath. Unlike some Hatha yoga styles, attention is placed on the “journey between,” not with just the postures themselves. As breath flows, mind follows. And the slow, smooth yogic breathing creates a unity of the body and mind for both an energizing and relaxing yoga practice.

According to Patanjali, the ancient and foremost authority on yoga, the essential qualities of yoga *asana* practice are: being relaxed, comfortable, at ease, without pain or agitation, as well as being conscious, alert, present, firm, and stable in a yoga posture. From your very first class you will become stronger, more flexible and feel better.

**Classes are 90 minutes.**

### **How Yoga Benefits the Practitioner**

- ✧ improves strength, balance, and flexibility;
- ✧ sculpts and tones muscles;
- ✧ promotes weight loss;
- ✧ cultivates stress reduction;
- ✧ improves mental clarity;
- ✧ promotes stability, skeletal alignment, while developing skill in action;

A proper practice can increase one’s self-confidence, empowering the practitioner to achieve what once felt unattainable. The yoga practitioner becomes more balanced neurologically, helping the body to resist and overcome stress in more positive and productive ways. As we engage in Vinyasa yoga practice, we cultivate the awareness of and compassion for ourselves and others. This increased awareness gives birth to a greater appreciation for life both within and around us.

**What the world needs now is more people doing more Yoga!**