
Prema Patti Kristiansen, RYT has been teaching yoga classes and workshops to all ages and abilities in the mid-coast area since 1998. As a Certified YogaKids™ Facilitator, Yoga for the Special Child™, Nationally Registered Yoga Alliance teacher, RYT500, Kripalu YogaDance® Instructor and professional member of the International Association of Yoga Therapists, Prema brings a holistic knowledge of the body/mind, which is enhanced by her background in the health profession of Occupational Therapy.



Thomaston Yoga Studio LLC
185 Main Street
Thomaston Maine 04861

THOMASTON YOGA STUDIO, LLC



New Classes WINTER 2010

Prema Patti Kristiansen RYT
Registered Yoga Teacher
Kripalu YogaDance® Instructor
185 Main Street
Thomaston ME 04861
Tel: 207-319-6301
thomastonyogastudio@gmail.com
www.thomastonyogastudio.com

@ Kripalu YogaDance®

"Healing through Joy!" A fusion of chakra yoga & joyful breath based energizing movements that combine yoga and user friendly dance with music. It is healing to the seven energy centers, the charkas, and the entire body.

@ Gentle Flows Yoga

Harmonizes breath with movement leading to a state of relaxation while stretching, re-energizing, & renewing body, mind & spirit.

@ Restorative Yoga

Relax deeply using props (bolsters, blankets, foam blocks, eye-pillows) to support the body in each luxurious pose sending messages of inner calm to the nervous system, helping to decrease chronic stress.

@ All Classes are 8 weeks @ \$96.

@ Drop-ins welcome \$15. per class

@ Missed classes may be made up in any class during the same 8-week session.

WINTER YOGA 2010



***Monday Evening YOGA FOR STRESS RELIEF** 5:00 – 6:00 FEBRUARY-APRIL

Tuesday Evening

KRIPALU YOGADANCE® 5:30 -6:30

January 26 – March 16

EXPERIENCE JOY, CLEAR YOUR CHAKRAS (energy centers), FREE YOUR SPIRIT, LOSE WEIGHT, DANCE YOUR HEART HEALTHY!

*Wednesday Evening

KRIPALU YOGADANCE® 5:30– 6:30 FEBRUARY-APRIL

Thursday Evening

RESTORATIVE YOGA 5-6PM

January 21 – March 11

As the days grow shorter we are naturally lead inward. Restorative Yoga supports this natural rhythm.

Friday Morning Gentle Flows Yoga 9-10:30

JANUARY 15-MARCH 5

Saturday Morning Gentle Flows Yoga

9-10:30 JANUARY 16 – MARCH 6

*Registration for Monday & Wednesday classes through MSAD40 Adult Ed @ 832-5205

National Institutes of Health NCAM studies report benefits of Yoga include:

- @ Improves mood and sense of well-being
- @ Counteracts stress
- @ Reduces heart rate and blood pressure
- @ Increases lung capacity
- @ Improves muscle relaxation and body composition
- @ Helps with conditions such as anxiety, depression, and insomnia
- @ Improves overall physical fitness, strength, and flexibility
- @ Decreases Chronic low-back pain

TO REGISTER FOR CLASSES:

Phone 207-319-6301

Email thomastonyogastudio@gmail.com

PREMA PATTI KRISTIANSEN, RYT500

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